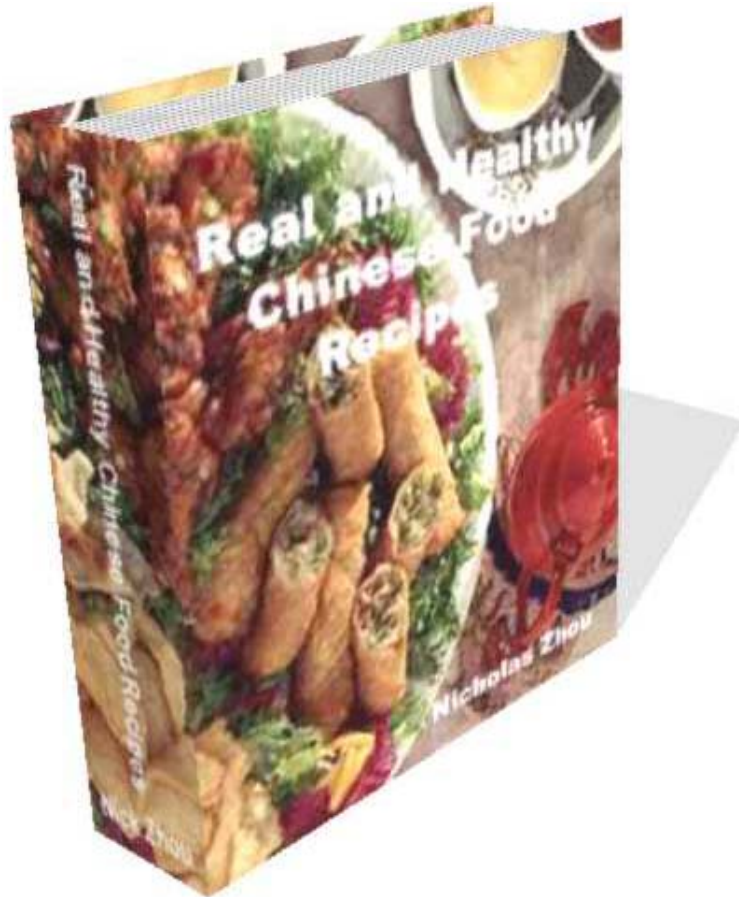


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Real and Healthy Chinese Food Recipes

Nicholas Zhou

<http://www.chinesefoodbook.com/>

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All Purpose Sauce

Although milder, this sauce can be used as a substitute for Hoisin sauce in marinades and dips.

Yield: 1 1/2 cups

Ingredients:

3/4 cup of canned dark-red kidney beans
1/4 cup of the bean liquid
3 tablespoons of molasses (treacle)
3 tablespoons of teriyaki sauce
2 tablespoons of red wine vinegar
1 tablespoon of garlic powder
2 teaspoons of five-spice powder
2 teaspoons of yeast extract

Directions:

Use a blender or food processor to mix all of the ingredients into a puree. Place a strainer (sieve) over a mixing bowl. Pour the pureed ingredients into the strainer, and use the back of a wooden spoon to press them through into the bowl. Discard any bean skins left in the strainer. Pour the sauce into a jar with a tight fitting lid and refrigerate. (Will keep for about seven days).

Almond Boneless Chicken

Serves 4 to 6

Ingredients:

2 whole chicken breasts, skinned, boned, and cut in half
1/2 teaspoon salt
1 tablespoon dry sherry

Sauce:

4 tablespoons cornstarch
3 tablespoons water
3 cups broth
1 1/2 cups chopped mushrooms (optional)
3 tablespoons chicken fat or butter
2 teaspoons soy sauce
3 tablespoons chicken bouillon granules

Batter:

3 tablespoons cornstarch
3 tablespoons flour
1/2 teaspoon baking powder
1 egg, beaten
1 tablespoon water

1 cup shredded lettuce
1/3 cup toasted, slivered almonds
1 green onion, finely chopped (green and white parts)

Oil for deep-frying

Directions:

Sprinkle chicken with salt and sherry and marinate for 15 minutes. While chicken is marinating, prepare the sauce. Mix together the cornstarch and water in a small saucepan until smooth. Gradually mix in the chicken broth, mushrooms (if using), chicken fat or butter, soy sauce, and bouillon granules. Bring the mixture to a boil, stirring constantly. Let boil for 1 minute, and keep warm. To prepare batter: Beat together the cornstarch, flour, baking powder, egg, and water until smooth. Coat each piece of chicken with the batter. Heat wok or a large skillet and add oil to a depth of 1/2-inch. Heat to 375 degrees. Cook coated chicken pieces in oil until they are golden, turning them once. This should take about 5 - 7 minutes. Drain the chicken on a tempura rack if you have one, or on paper towels. Cut the chicken diagonally into strips. Reassemble the strips into chicken breast shapes and place on a bed of shredded lettuce. Sprinkle with almonds and green onion. Spoon the sauce over the chicken and serve.

Almond Chicken

Ingredients:

2 whole skinless boneless chicken breasts
2 tablespoons soy sauce
1 tablespoon rice wine
1/2 teaspoon sugar
1 teaspoon cornstarch
2 tablespoons chicken stock
1 1/2" ginger root slice -- minced
1 garlic cloves -- minced
1 egg
1 cup almonds -- ground
6 cups peanut oil

Directions:

1. Pat chicken dry with paper towels. Cut into strips 1/2" wide by 3" long.
2. Stir soy sauce, rice wine, chicken stock, sugar, cornstarch, ginger, and garlic together.
3. Place chicken in marinade, turning to coat. Marinate at least one hour, turning chicken after half an hour.
4. Remove chicken from marinade and drain on paper towels. Beat egg slightly with 1/2 teaspoon water.
5. One by one, dip chicken pieces in egg and roll in almonds to coat.
6. Let almond coated pieces set 15 minutes. Heat oil to 350. Fry chicken pieces in batches one layer deep until crisp, golden brown. Be sure to let oil come back up to 350 between batches.
7. Drain on paper towels and serve at once.

Almond Cookies

Almond cookies are lighter and more delicately flavored than most cookies. This easy to make recipe for Almond cookies comes courtesy of Carol Pereginelli, About's Guide to Desserts and Baking

Makes 30 - 35 cookies

Ingredients:

2 1/2 cups flour
1 cup sugar
1/2 teaspoon baking soda
1 cup butter
2 eggs, beaten
1/8 teaspoon salt
1 tablespoon almond extract
1/4 pound whole, blanched almonds

Directions:

Preheat oven to 325 degrees Fahrenheit. In a food processor, mix the flour, sugar, butter, salt and baking soda until it forms little balls. Add the eggs and almond extract. Roll out the dough on floured surface. Cut with 2 1/2 inch cookie cutter. Place on greased cookie sheet and place an almond in center of each cookie. Bake for 25 minutes.

Almond Float

Almond float is a refreshing dessert that can be served with canned or fresh fruit. If you like this recipe, you may also want to try [Raspberry Almond Float](#), made with freshly picked raspberries.

Serves 4 to 6

Ingredients:

- 1 package (envelope) unflavored gelatin
- 3 tablespoons sugar
- 1 cup boiling water
- 1 1/2 teaspoons almond extract*
- 1 cup evaporated milk
- 1 cup cold water
- 1 can cocktail or fresh fruit

Directions:

Place the gelatin and sugar in a bowl and mix together well. Add the boiling water, and stir until the gelatin/sugar mix is completely dissolved.

Add the evaporated milk and cold water and mix well. Add the almond extract. Pour into a bowl or a serving mold if desired. Chill until firm. Serve the Almond Float with the canned fruit and the syrup from the can.

*You can substitute lemon or vanilla extract

May be prepared in advance and refrigerated (not frozen) until ready to serve

Ants Climbing a Tree

(Other names for this authentic Szechuan dish include Ants Climbing a Hill, Ants Climbing a Log, and Ants Creeping up a Tree)

Serves 4

Ingredients:

1/2 pound ground pork

Marinade:

1 tablespoon light soy sauce or Kikkoman

1 tablespoon sugar

1 teaspoon sesame oil

1 small red chili, seeded and chopped

1/2 teaspoon chili sauce

or

1 tablespoon chili sauce

2 slices ginger, finely chopped

2 green onions, chopped, green and white sections

4 ounces transparent bean thread noodles (also known also vermicelli or glass noodles)

1/4 cup water

Oil for [stir-frying](#)

Directions:

Combine the marinade ingredients and marinate the ground pork for about 10 minutes.

Without removing the string wrapping around the transparent noodles, soak in hot water until they are pliable (about 5 minutes). Drain well. Cut the noodles into shorter lengths and then remove the string wrapping.

Chop up the chili (if using), ginger and green onions.

Hot wok and add oil. Add the chili and ginger. Add the marinated pork. Once the pork has changed color, add the chili sauce, stirring in. Add the noodles, stirring. Add the water and cook until most of the liquid is absorbed. Serve hot.

Variations: Sprinkle in a few drops of sesame oil at the end of cooking.

Apples in Spun Syrup

Ingredients:

1 lb (500 g) firm, slightly tart apples
1 egg
3 1/2 oz or 11 tbsp (100 g) flour
2 cups (500 ml) vegetable oil for deep-frying;
use about 4 1/2 oz (130 ml)
1/2 cup (125 g) rock sugar or granulated
sugar
1 tbsp sesame oil



Directions:

Peel the apples and cut into diamond-shaped pieces or wedges. Mix the egg and flour into a batter. Coat the apple pieces with the batter.

Heat the oil in a wok to about 350°F (175°C), or until a sliver of ginger or a piece of green leaf sizzles when tossed into the oil. Add the apple pieces and deep-fry 1 minute or until the pieces float to the heat surface. Remove and drain well.

Pour all the oil out of the wok. Add 1 cup of boiling water and the rock sugar. Bring to a boil, then turn the heat to low and cook, stirring constantly, until the syrup spins a thread. Add the apple pieces. Turn and toss carefully so each piece is covered with the syrup. Remove and serve immediately, before the syrup hardens. Sprinkle with the sesame oil. Dip each piece of apple into a bowl of cold water to make it cool enough to eat.

Asian Style Snap - Orange Almond Biscuit

Like the traditional brandy snap, these biscuits can easily be shaped into a basket by moulding over an upturned glass. They taste great alone or with a sweet filling such as ginger ice cream.

Ingredients:

250 g Orange Juice
500 g Granulated sugar
250 g Ground Almonds
125 g Pastry Flour
125 g Melted butter

Directions:

Stir dry ingredients together. Incorporate the orange juice and melted butter. Spread the biscuits well apart on baking paper or a non-stick surface. Bake in a 350 degree F (170 C) oven until brown (about 5 minutes). Let cool slightly and bend to shape if desired or leave flat.

Asian-Style Roast Pork Tenderloin

(Hoisin sauce complements any meat or poultry, but has a particular affinity for pork and lamb.)

Serves 4

Ingredients:

2 tablespoons Chinese rice wine or dry sherry
2 tablespoons soy sauce
2 tablespoons hoisin sauce
1 teaspoon sesame oil
2 teaspoons grated ginger
2 cloves garlic, pressed
1 pound pork tenderloin

Directions:

1. Combine all ingredients except pork. Add pork and marinate, covered and refrigerated, 2 hours or longer.
2. Preheat oven to 400 degrees. Drain pork, reserving marinade. Place on a rack over a roasting pan. Roast 25 - 30 minutes, until a meat thermometer registers 160 degrees (the pork should be barely pink inside), turning pork occasionally and basting with reserve marinade. Slice 1/4" to serve.

Note: You can substitute a lamb sirloin roast for the pork. Roast until lamb is well-browned on the outside but still rare on the inside.

Asian Vinaigrette

Ingredients:

5 tablespoons oil
2 tablespoons rice vinegar
2 teaspoons light soy sauce
1 teaspoon sugar
a few drops sesame oil
1/8 teaspoon freshly ground white pepper (or to taste)

Directions:

Mix all the ingredients together thoroughly and serve over salad.

Asparagus with Cashews

Ingredients:

1 1/2 pounds asparagus
2 tablespoons olive oil
2 teaspoons sesame oil
1 tablespoon fresh ginger root; finely chopped
1/2 cup roasted cashews; coarsely chopped
1 tablespoon soy sauce

Directions:

Cut asparagus diagonally into 2 inch pieces. Heat the oils together in a wok over high heat. Add the ginger and stir fry for one minute. Add the asparagus and stir fry until tender but still crisp 4 to 5 minutes. Stir in the cashews and soy sauce. Serve immediately. Serves 6.

Baby Back Ribs

Serves 4 to 6.

Ingredients:

4 pounds baby back pork ribs about 4 racks
1 teaspoon garlic powder
5 teaspoons onion powder
1/2 teaspoon freshly ground black pepper
5 teaspoons Chinese five spice powder
a pinch ground coriander
1 tablespoon ground cloves
1/4 cup Worcestershire sauce
1/4 cup soy sauce or tamari
2 teaspoons sugar

Directions:

With a fork pierce meat side of ribs all over. In a small bowl stir together spices and rub all over ribs. Put ribs in a shallow baking dish. In bowl stir together Worcestershire sauce, soy sauce or tamari, and sugar and brush mixture over ribs. Marinate ribs, meat sides down, covered and chilled, at least 3 hours and up to overnight. Preheat oven to 300F. Put ribs, meat sides up, in a roasting pan large enough to hold them in one layer and roast in middle of oven, turning occasionally, 1 1/2 hours, or until cooked through. Cut ribs into sections.

Bang Bang Chicken

Ingredients:

9 oz (250g) chicken breasts and thighs
1 tbsp mushroom soy sauce (or substitute
superior soy sauce)
1 tsp. scallions, shredded
1/8 tsp. ground Sichuan Peppercorn
1 tsp. sesame paste
1/2 tsp. sesame oil
2 tsp. chili (chilli) oil
1/2 tsp. sesame oil
1tsp sugar
1/4 tsp. MSG (optional)



Directions:

Poach the chicken in boiling water to cover for 10 minutes, or until cooked. Remove, drain, and let cool. Beat the skin side lightly to loosen the fibers with a bang (in Chinese, a wooden stick) or a wooden rolling pin. Peel off the skin and tear the meat into long strips with your fingers. You may cut the skin into strips also. Arrange the chicken strips in a dish and sprinkle with the scallions shreds.

Mix together the sesame paste, chili oil, sugar, soy sauce, MSG(optional), ground peppercorns and sesame oil. Pour over the scallions and chickens and chicken and mix until coated and serve. the scallion oil over all, and serve.

Barbecued Spareribs

Serves 4

Ingredients:

1/3 cup hoisin sauce
1/3 cup ketchup
1/3 cup soy sauce
3 tablespoons sherry
3 cloves garlic, minced
4 pounds spareribs, in 2 racks
1/4 cup honey

Directions:

1. Combine all ingredients except honey and marinate spareribs, refrigerated, 2 hours or longer. Preheat oven to 375 degrees. Arrange ribs on a rack over a roasting pan with water in the bottom to catch the drippings. Bake 45 minutes, turning frequently.
2. Brush both sides of ribs with honey and bake 10 minutes longer, turning once. (Ribs may be baked the day before, refrigerated, then cut apart and reheated in the oven for 10 minutes).

Baked Chicken Chow Mein

(Like the crisp chow mein served in Chinese restaurants, but without the fat)

Serves 4

Ingredients:

1 lb (500 g) boneless chicken breast, cut in thin strips
1 tablespoon (15 mL) soy sauce
1/4 (1 mL) salt
1 tablespoon (15 mL) dry sherry
1/4 teaspoon (1 mL) white pepper
1 tablespoon (15 mL) cornstarch

1 lb (500 g) Chinese-style steamed noodles or cooked thin egg noodles
1 1/2 cups (375 mL) Chicken stock
1 tablespoon (15 mL) minced ginger
1/2 cup (125 mL) thinly sliced onions
3 large dried Chinese mushrooms, soaked and thinly sliced
2 cups (500 mL) Chinese flowering chives or green onions, cut in quarters
2 teaspoons (10 mL) sesame oil
3 cups (750 mL) bean sprouts, tightly packed
black pepper to taste

Directions:

Combine chicken and marinade ingredients, mix well and set aside.
Blanch noodles in large amount of boiling water for 1 minute or as per package instructions. Drain well and cool slightly. Fluff up noodles to allow drying. When dried, spread noodles loosely on large cookie sheet lined with aluminum foil.
Heat oven broiler to medium-high. Broil noodles for about 5 minutes on each side, checking frequently, until crisped but not burned. Keep warm.
Meanwhile, heat wok over high heat, add stock and bring to boil. Add ginger, onions, and mushrooms and cook for 1 minute. Add chicken and cook for 2 minutes. Stock should thicken slightly. Add flowering chives or green onions and sesame oil; stir to mix for 1 minute. (If using green onions, cook for 30 seconds).
Remove from heat. Stir in bean sprouts. Season with pepper. Pour chicken mixture over noodles and serve.

Each serving includes:

Calories 358, 43 g Carbohydrates, 33 g Protein, 6 g Fat, 1 g Saturated Fat, 100 mg Cholesterol, 5 g Fibre, 466 mg Sodium, 555 mg Potassium. An excellent source of vitamin D, thiamine, riboflavin, niacin, vitamin B-6, folacin, and iron. A good source of fibre, vitamin C, vitamin B-12 and zinc.

Baked Hoisin Sauce Chicken Wings

Serves 6

Ingredients

15 chicken wings
1 tablespoon honey or syrup
4 tablespoons hoisin sauce
3 tablespoons warm water
3/4 teaspoon salt
1/2 teaspoon black pepper
2 garlic cloves, finely minced
1 scallion, finely minced
1 slice fresh ginger, minced

Directions:

Marinate chicken wings for 15 minutes in a mixture of honey, hoisin sauce, water, salt, pepper, garlic, scallion, and ginger.

Heat oven to 350 degrees. Place chicken wings on a baking sheet and bake for 30 minutes, brushing occasionally with marinade.

Turn oven to broil and broil chicken wings five more minutes. Turn wings every two minutes to avoid burning.

To serve: Transfer chicken wings to a serving platter and serve hot or at room temperature.

Baked Lamb Cutlets in Honey Sesame Marinade

Prep: 10 min, Marinate: 2:00, Cook: 35 min, plus refrigeration time.

Ingredient:

- 8 lamb cutlets
- 2-3/4 Tbs. light soy sauce
- 1 clove garlic, crushed
- 2-3/4 tsp. dry sherry
- 1-3/4 Tbs. honey
- 1/8 tsp. five-spice powder
- 3/4 tsp. sesame oil
- 3/4 tsp. sesame seeds

Directions:

Scrape cutlets down the bone to meaty section and trim away excess fat. Combine remaining ingredients in a bowl. Place cutlets in a shallow dish and add marinade. Turn cutlets to coat completely. Cover and **refrigerate** several hours or overnight. Preheat oven to 350°F. Place cutlets on a wire rack over a baking dish. **Bake** about 35 minutes, brushing with marinade occasionally, or until cutlets are tender.

Per serving: calories 515, fat 31.1g, 56% calories from fat, cholesterol 168mg, protein 47.1g, carbohydrates 9.0g, fiber 0.1g, sugar 7.3g, sodium 487mg, diet points 13.4.

Dietary Exchanges: Milk: 0.0, Vegetable: 0.0, Fruit: 0.0, Bread: 0.0, Lean meat: 6.7, Fat: 2.6, Sugar: 0.5, Very lean meat protein: 0.0

Barbecued Pork with Hoisin Sauce

(This tasty pork dish can be used in stir-fry dishes, served with noodles, or used as a stuffing for pork buns. Food coloring gives it the red coloring common to barbecued pork purchased in Chinatown).

Serves 4 - 6

Ingredients:

- 1-1/2 pound pork shoulder or butt
- 2 tablespoons rice wine
- 2 slices ginger root, about 1/4 inch thick
- 1 clove garlic, minced
- 1/2 teaspoon five-spice powder
- 5 teaspoons soy sauce
- 1 tablespoon sugar
- 2 tablespoons hoisin sauce
- 2 tablespoons ketchup
- 2 teaspoons bean sauce
- 2-3 drops red food coloring
- 1 tablespoon honey

Directions:

Cut pork into pieces about 2 x 5-inch. Place pieces in baking dish. Combine remaining ingredients except for honey in bowl and mix together well. Pour marinade on top of pork. Let marinate overnight. Then drain pork, reserving marinade. Add honey to marinade and stir well.

Preheat oven to 350 degrees F. Fill a shallow roasting pan with water and place on oven bottom. Place pork on a roasting rack above water pan and roast for 30 minutes. Baste pork with honey marinade then return to oven and roast for 15 more minutes. Pork should be golden brown. Remove from oven and let cool.

When cool enough to handle, cut pork pieces into 1/4-inch slices. Serve meat at room temperature, or use for Steamed Buns.

Basic Chinese Yeast Dough

(This is a basic Chinese steamed dough recipe. When preparing a specific recipe such as Lotus Buns or Flower Rolls, the instructions will call for adding baking powder to the dough to give it extra lift.)

Makes 18 Buns.

Ingredients:

2 1/2 tablespoons sugar
1 cup warm water
1 1/2 teaspoons active dry yeast (about half a packet)
3 cups all-purpose flour, or more as needed
1 1/2 tablespoons corn oil

Directions:

With a wooden spoon, mix together the sugar and water in a large bowl, stirring to dissolve the sugar. Add the yeast and stir again to dissolve it. Add the flour and 1 tablespoon of the oil, stirring with the wooden spoon to form a rough dough. Turn the dough out onto a lightly floured work surface, scraping it from the sides of the bowl. Knead lightly until the dough is smooth and elastic, about 10 minutes, adding a little flour if the dough is too sticky. (The consistency may vary slightly depending on the weather: If the dough is too dry, add a little warm water). Brush the large bowl with the remaining 1/2 tablespoon oil and put the dough in the bowl. Turn to coat. Cover with a damp dish towel and place in a warm, draft-free place (like a turned off oven with a pilot light). Let rise until tripled in bulk, about 3 hours. Use as directed in the recipe.

BBQ Pork

Ingredients:

1/2 teaspoon Ground cinnamon
1/4 cup Soy sauce
1 Green onion -- cut in half
2 tablespoon Dry red wine
1 Clove garlic -- crushed
1 tablespoon Brown sugar
2 Whole pork tenderloins
1 tablespoon Honey
(about 12 oz each)
trimmed

Directions:

3. Combine soy sauce; wine,sugar,honey, food coloring, cinnamon, onion and garlic in large bowl. Add pork, turning tenderloins to coat completely.
4. Cover and refrigerate 1 hour or overnight, turning meat occasionally.
5. Drain pork, reserving marinade. Place tenderloins on wire rack over baking pan.
6. Bake in preheated 350F oven, turning and basting often with reserved marinade, until cooked through, about 45 minutes.
7. Remove pork from oven; cool. Cut into diagonal slices.

BBQ Pork Lo Mein

Ingredients:

2 tablespoon Sesame oil
2 tablespoon Vegetable oil
1 teaspoon Ginger -- finely chopped
2 cup Bok choy -- cut into 1/2" pie
1 1/2 cup Bean sprout
8 ounce Chinese bbq pork
1/2 cup Chicken broth
2 tablespoon Oyster sauce
1 tablespoon Soy -- dark
1/2 teaspoon Sugar
Pepper -- dash

Directions:

1. Cook noodles in plenty of boiling water, when al dente, drain and toss with sesame oil, set aside
2. Combine sauce ingredients, set aside
3. Heat wok, add oil, Add ginger stir fry until fragrant (about 10 sec) add bok choy, bean sprouts and pork, Stir fry 2 min
4. Add broth then when broth is hot add noodles, cover and cook 2 minutes.
5. Add sauce, stir well and serve

Bean Curd Casserole

Ingredients:

7 oz (200 g) fresh bean curd (tofu)
2 oz (50 g) Chinese ham
5 oz (150 g) bamboo shoots, fresh or
canned
7 oz (200 g) Chinese cabbage (bok choy)
6 cups (1,500 ml) chicken stock
2 tsp (10 g) dried shrimps, soaked and
chopped
2 large sized (10 g) dried Chinese black
mushrooms, reconstituted and sliced
1/2 tsp scallions, shredded
1/2 tsp fresh ginger, shredded
1 tbsp salt, or to taste
1 tsp melted chicken fat
1/4 tsp MSG



Directions:

1. Slice the bean curd into thin triangles. Slice the Chinese ham, bamboo shoots and cabbage.
2. Lay the cabbage slices in the bottom of a casserole and pour in the stock. Put the bean curd on top of the cabbage. Then sprinkle with the shrimps, bamboo shoots, ham slices, black mushrooms, scallions, ginger, and salt. Bring to a boil over medium heat, then turn the to low and simmer for 15 minutes. Add the MSG and sprinkle with the chicken fat. Remove and serve.

Bean Curd Cocoons

Ingredients:

1 lb (500 g) fresh bean curd (tofu)
2 eggs
1 tbsp salt, or to taste
9 oz (250 g) fresh shrimp
5 tsp sesame oil
1 tsp ginger, chopped
2 cups (500 ml) vegetable oil for deep-frying
5 fl oz (150 ml) clear stock
1/2 tsp rice wine
1 tsp cornstarch dissolved in 1 tsp water
1/2 tsp MSG



Directions:

1. Mash the bean curd and drain off any excess water. Place in a bowl with 1 egg, 2 1/2 tsp of the salt and 1/4 tsp of the MSG. Mix well. Set aside.
2. Shell the shrimps and mince them into a pulp. Mix with the sesame oil, the other egg, the remaining 1/2 tsp of salt, 1/4 tsp of the MSG and the ginger.
3. Spread bean curd on a clear surface. Mold it into small round pieces. To make the cocoons, take shrimp, and encase it in enough of the bean-curd mixture to make a cylinder about 1 1/2 inches long and 1/2 inch thick (4 cm by 7 mm). Continue until all the shrimp and bean curd are used.
4. Heat the oil in a wok to 420°F(220°C), or until a piece of scallion green browns quickly when tossed into the oil and a haze rises vigorously above the surface. Add the bean curd cocoons a few at a time and deep-fry until brown. Remove and drain well.
5. Pour the clear stock in a saucepan with the rice wine and the remaining salt and 1/4 tsp MSG. Bring to a boil. Add the cornstarch mixture and cook, stirring, until slightly thickened. Add the bean curd cocoons and stir gently to blend before serving.

Bean Curd in Sauce

Ingredients:

1 lb (500 g) fresh bean curd (tofu)
2 oz (60 ml) vegetable oil
1 tsp dried shrimps, soaked and chopped
2 tsp sweet fermented flour sauce (substitute sweet bean paste or hoisin sauce)
1 tsp scallions, chopped
1 tsp fresh ginger, chopped
1 tsp garlic, chopped
3 1/2 oz (100 g) minced lean pork
5 tsp soy sauce
2 tsp rice wine
2 tsp fresh coriander (or cilantro), chopped
3 1/2 fl oz (100 ml) high stock
1 tbsp cornstarch (cornflour) dissolved in 1/2 cup water
3 tbsp (50 ml) peppercorn oil
1/2 tsp MSG



Directions:

1. Place the bean curd in a heat-proof bowl and steam for 10 minutes. Remove, drain, and cut into 1/2 inch (1.3 cm) cubes. Set aside.
2. Heat oil in a wok over high heat to just warm about 160°F (70°C). Add the shrimps, sweet fermented flour sauce, scallions, ginger, garlic, and pork. Stir-fry for 2 minutes. Add the soy sauce, rice wine, and stock. Stir and bring to a boil. Add the cornstarch-water mixture and cook, stirring, until the sauce thickens. Pour over the bean curd. Add coriander and MSG, sprinkle with the peppercorn oil, and serve.

Bean Curd in Sesame Paste

Ingredients:

9 oz (250 g) fresh bean curd (tofu)
2 tbsp sesame paste
1 1/2 tbsp fresh coriander (or cilantro), chopped
4 tsp salt, or to taste
1/4 tsp chili (chilli) oil



Directions:

Cut the bean curd into 2 inch (5 cm) squares. Quick-boil in boiling water for 1 minute. Remove, drain, and place in a serving bowl.

Make a sauce by mixing the sesame paste with the salt and a little water. Pour over the bean curd and sprinkle with the chili oil and coriander and serve.

Bean Curd with Crab

Ingredients:

12 oz (350 g) fresh bean curd (tofu)
2 oz (50 g) crab meat and eggs
4 1/2 tbsp (140 ml) vegetable oil
2 tsp scallions, chopped
5 tsp soy sauce
1/2 tsp salt, or to taste
2 tsp sugar
5 fl oz (150 ml) high stock
1 tbsp cornstarch (cornflour) dissolved in 1 tbsp water
2 tsp rice wine
1/2 tsp ginger, chopped
1/8 tsp MSG



Directions:

1. Cut the bean curd into 1/2 inch (1 cm) cubes.
2. Heat 3 tbsp of the oil in a wok until the oil surface ripples. Add 1 tsp of the scallions, the bean curd, soy sauce, 1/2 tsp of the salt, sugar, and 3 1/2 fl oz (100 ml) of the stock. Bring to a boil and simmer over low heat for 3 minutes. Turn the heat to high and add the MSG and 2 tsp of the cornstarch-water mixture. Cook, stirring, until thickened. Pour into a dish.
3. Heat the remaining 1 1/2 tbsp of oil until the surface ripples. Add the remaining 1 tsp of the scallions, the ginger, crab meat and eggs, and the remaining 1/4 tsp of salt. Stir-fry briefly and add the remaining 1 1/2 oz of stock. Bring to a boil and add the remaining of the cornstarch-water mixture. Cook, stirring, until thickened. Pour over the bean curd, and serve.

Bean Curd with Fresh Shrimps

Ingredients:

9 oz (250 g) fresh shrimps
5 oz (150 g) tomatoes
5 oz (150 g) bean curd
3 1/2 tbsp rice wine
1 tsp salt, or to taste
3 1/2 tbsp vegetable oil
10 1/2 oz (300 ml) high stock
1/2 tsp scallions, chopped
1/2 tsp fresh ginger, chopped
2 1/2 tbsp cornstarch dissolved in 2 1/2 tbsp water
2 tsp sesame oil
1/4 tsp MSG



Directions:

Cut the bean curd into 1/2 inch (1 cm) cubes.

Remove the shrimps' heads. Shell, devein and wash the shrimps. Drain and mix with 5 tsp of the rice wine, 1/4 tsp of the MSG, and 1/2 tsp of the salt. Let stand.

Dip the tomatoes in boiling water for 30 seconds. Peel, seed and dice them. Dice the bean curd and place in a pot of cold water. Bring to boil, remove the bean curd immediately, and drain.

Heat wok and add oil, the stock, the remaining salt and rice wine, the scallions, ginger, bean curd and shrimps. Bring to a boil. Add the tomatoes and 1/4 tsp MSG. Add the cornstarch-water mixture and cook, stirring gently. When the sauce returns to a boil, sprinkle with the sesame oil, remove, and serve.

Bean Curd with Mushrooms and Oyster Sauce

Yield: Serves 3 - 4

Ingredients:

350 grams (approximately 3/4 of a pound) firm tofu
225 g (1 cup) mushrooms
1 225 mL can (or an 8 ounce can) bamboo shoots
30 mL (2 tablespoons) dark soy sauce
15 mL (1 tablespoon) oyster sauce
5 mL (1 teaspoon) sugar
20 - 25 mL (about 1 1/2 tablespoons) sherry
30 mL (2 tablespoons) peanut oil

Directions:

Prepare the vegetables: slice the mushrooms into quarters. Drain the canned bamboo shoots, running through hot water if desired to get rid of a "tinny" taste. Remove the tofu from the package and drain. Cut the tofu lengthwise through the middle, so that you have two equal pieces about 1-inch thick. Cut into large cubes.

In a small bowl, mix together the dark soy, oyster sauce, sugar, and sherry. Heat wok. When wok is ready, add the oil. Add the bamboo shoots and mushrooms, stirring, until they are heated through. Add the tofu and the dark soy/oyster sauce/sugar/sherry mixture. Stir-fry until the ingredients are heated through. Serve hot.

Nutritional Breakdown per serving (based on 4 servings, substituting soy sauce for dark soy sauce): 204 calories (kcal); 14 g Total Fat (22 percent calories from fat); 11g Protein; 9 g Carbohydrate; 0 mg Cholesterol; 736 mg Sodium; 1g Fiber. At 3 servings the calorie count drops to 153.

Bean Curd Rolls with Seaweed

Ingredients:

3 sheets dried bean curd
3 sheets yakinori (roasted seaweed used in sushi rolls)

Seasoning:

1 tablespoon light soy sauce
1 teaspoon salt
2 teaspoons sugar
1 teaspoon pepper
1 teaspoon sesame oil
a pinch MSG (if desired)
3 cups water

Oil for frying

Directions:

Heat water in the wok and add the remaining seasonings. Bring to a boil. Lower heat.

Fold the bean curd sheets into 4 squares. Boil the folded sheets in the heated water for 1 minute, using chopsticks to move the sheets around the boiling water as necessary. Drain.

In a baking tray, spread out the bean curd sheet and re-fold into a square. Place a square of seaweed on top, and fold into an oblong shape.

In a wok or large skillet add oil. Fry the bean curd rolls on high heat until both sides are golden brown, adding more oil as needed. Slice into 1 - 1 1/2 inch (3 - 4 centimeter) pieces before serving.

Beef and Peppers in Black Bean Sauce

A Cantonese recipe

Ingredients:

4 ounces Sirloin beef sliced thin or thick steaks
3 green peppers (or red and green peppers as desired)
1/2 small onion
2 sticks of celery
1/2 teaspoon of salt
1/2 teaspoon soy sauce
1/2 teaspoon MSG (if desired)
1 teaspoon black beans
2 cloves garlic
3 slices ginger
1/2 cup stock or hot water
2 tablespoons oil for cooking

Marinade:

1/4 teaspoon salt
1/2 teaspoon sugar
1/2 tablespoon soy sauce
2 tablespoons oil

Directions:

Place the beef in a bowl, and stir in the marinade ingredients. Marinate beef for approximately thirty minutes.

While beef is marinating, prepare the vegetables. Cut peppers, onion, and celery into 1/2 inch pieces. Mix the garlic cloves and ginger with the black beans and chop finely. Heat wok and add 2 tablespoons oil. When oil is ready, add 1/2 of the black bean, garlic, and ginger mixture. Mix and add the beef. Stir-fry until the beef is approximately 60 - 65 percent cooked. Remove the beef and set aside. Add the rest of the bean mixture, onions and celery. Stir-fry for 3 - 4 minutes and add the peppers. Stir-fry for a couple of minutes longer and add 1/2 cup of stock or hot water. Bring to a boil, cover and simmer for a couple of minutes. Add MSG if desired.

Mix, taste, and adjust the seasoning if necessary. Add the beef. Mix and serve immediately.

Beef and Snow Peas in Oyster Sauce

Serves 4

Ingredients:

1 pound flank steak, sliced thinly
1 tablespoon cornstarch
1 tablespoon soy sauce
1/4 pound fresh snow peas
2 tablespoons oyster sauce
2 tablespoons Chinese rice wine or dry sherry
1/2 teaspoon sugar
2 teaspoons oil
1 clove garlic, minced
1/2 teaspoon minced ginger

Directions:

1. Mix beef with cornstarch and soy sauce. Trim snow peas. Blanch in boiling water 1 minute until they turn bright green; drain and run under cold water. Combine oyster sauce, sherry, and sugar.
2. Heat oil in a wok. Add garlic and ginger. Stir-fry a few seconds until fragrant. Add beef and stir-fry until browned. Add oyster sauce mixture. Cook, stirring, until it begins to boil. Add snow peas and stir-fry 30 seconds longer.

Beef and Tofu

Ingredients:

1 c Beef broth
1 tb Cornstarch
2 tb Water
1 t Brown sugar
2 tb Oil
1/2 lb Lean ground beef
1 cl Garlic minced
2 c Shredded Chinese cabbage
1/2 lb Tofu, cut into 1/2" cubes
3 c Hot cooked rice
2 Green onions with tops,
Sliced

Directions:

1. Bring broth to a boiling medium sauce pan. Combine cornstarch and water in a small bowl, set aside.
2. Heat oil in wok over high heat. Add beef. Stir fry until no longer pink, breaking larger pieces with a wooden spoon.
3. Add garlic and Chinese cabbage, cook about 1 minute.
4. Reduce heat and add broth mixture, stir until thickened.
5. Add tofu, gently stir until heated, about 1 minute.
6. Spoon tofu mixture over rice and garnish with green onions.

Beef and Vegetables

Serves 3 to 4 as part of a multicourse meal

Ingredients:

1/2 lb. beef, thinly sliced
1 onion, chopped
2 1/2 cups assorted vegetables, chopped

Marinade:

4 tablespoons soy sauce
1 tablespoon oil
1 teaspoon honey
1 clove garlic, crushed

3 tablespoons sesame seeds

Directions:

1. Combine marinade ingredients.
2. Marinate beef for 15 minutes.
3. Heat oil in wok. Stir-fry beef and onion.
4. Add vegetables. Fry until bright in color.
5. Add sesame seeds and left over marinade. Heat thoroughly. Serve with rice.

Beef Braised in Soy Sauce

(This is an example of "red cooking" where meats are simmered in soy sauce and water)

Ingredients:

8-inch segment large Oriental white radish*
2 pounds of stewing beef
1/2 cup (4 fluid ounces) of dark soy sauce
2 teaspoons of granulated sugar
1-inch piece of fresh ginger root
3 whole green (spring) onions
2 tablespoons of pale dry sherry
2 cups of water

Mixture

2 teaspoons of cornstarch (corn flour)
1 tablespoon of water
1 teaspoon of Chinese All-Purpose Sauce or Hoisin Sauce

Directions:

Prepare the meat and vegetables: The beef should be trimmed of fat and cut into 1-inch cubes. For the vegetables: peel the radish and cut into 1-inch pieces. Peel the ginger, and cut into quarters.

Fill a large saucepan with water and bring to boil on high heat.

Use a strainer (also known as a sieve) to immerse the radish in the boiling water for 5 minutes. Remove the strainer from the saucepan and place the radish on a plate. Do not rinse the radish.

Separate the cubes of beef into three sections. Blanch one of the sections, plunging the meat into the boiling water until it changes color, and any excess fat rises to the surface. Drain the meat and set on a plate. Repeat for the other two sections, empty the saucepan and rinse.

Using either a stewing pan or a wok, boil the soy sauce, sugar, ginger, sherry, and beef, adding the ingredients in that order, bringing to a boil on medium heat and stirring to ensure the beef is mixed with the other ingredients.

Add 2 cups of water, cover and bring to a boil. Adjust the heat to maintain a steady simmer and cook for 1 hour.

Strain the stock in the saucepan, discarding green onions. Add 2/3 cup to the beef stew. Add the cornstarch/water/All Purpose Sauce mixture, stirring. Add the cooked Oriental radish and adjust the heat to medium. Stir until the ingredients are heated through and the sauce has thickened. Serve with rice.

*Also known as Chinese radish, icicle radish, and daikon. Available at Asian markets. If not available, use yams, turnips, or sweet potatoes as a substitute.

Beef Fried Rice

Prep: 10 min, Cook: 10 min.

Ingredients:

- 2 Tbs. soy sauce
- 1/2 tsp. sugar
- 1 Tbs. vegetable oil
- 2 eggs, well beaten
- 1/2 lb. ground beef
- 1 medium carrot, finely chopped
- 1 celery rib, finely chopped
- 1 scallion, chopped
- 1 tsp. fresh ginger, minced
- 1 clove garlic, minced
- 2 cups cooked rice, cold

Directions:

Combine soy sauce, sugar and salt and pepper to taste in a small bowl and set aside. Heat oil in a heavy nonstick skillet over medium high heat. Cook eggs about 45 seconds, stirring constantly, until eggs are just set. Transfer eggs to a bowl and set aside. Add ground beef and next 3 ingredients to same pan over medium heat. Sauté about 3 minutes, stirring often to break up meat, until browned. Stir in ginger and garlic and cook 1 minute. Discard excess fat. Increase heat to high and add rice. Stir-fry about 1 minute, until heated through. Stir in soy sauce mixture and eggs and stir-fry 30 seconds longer.

Per serving: calories 338, fat 15.7g, 43% calories from fat, cholesterol 133mg, protein 16.8g, carbohydrates 31.0g, fiber 1.6g, sugar 2.5g, sodium 547mg, diet points 8.3.

Dietary Exchanges: Milk: 0.0, Vegetable: 0.6, Fruit: 0.0, Bread: 1.5, Lean meat: 1.9, Fat: 2.0, Sugar: 0.0, Very lean meat protein: 0.0

Beef Lo Mein

Serves 4

Ingredients:

1 pound flank steak, cut in half lengthwise, then sliced across the grain in thin slices
3 tablespoons soy sauce
2 tablespoons Chinese rice wine or dry sherry
2 teaspoons cornstarch
2 tablespoons oyster sauce
1/2 teaspoon sugar
1/2 pound fresh Chinese egg noodles (lo mein noodles)
1 tablespoon sesame oil
4 tablespoons oil, divided
2 carrots, cut julienne
about 8 leaves Chinese cabbage or romaine lettuce, cut in crosswise shreds
1 small (4-ounce) can sliced mushrooms, drained

Directions:

Mix beef with 2 tablespoons soy sauce, 1 tablespoon Chinese rice wine or sherry, and the cornstarch. Let stand 20 minutes.

Combine remaining soy sauce and rice wine with oyster sauce and sugar. Set aside. Bring a large pot of water to a boil. Add noodles, stirring to separate. Cook about 2 minutes, until al dente. Drain, rinse with cold water, and toss with sesame oil. Set aside.

Heat 1 tablespoon oil in a wok. Add carrots and stir-fry 1 minute. Add shredded cabbage or lettuce and mushrooms and stir-fry 1 minute longer. Remove.

Heat another tablespoon of oil in the wok. Add beef mixture and stir-fry until browned, about 2 minutes. Remove.

Wipe out wok. Heat remaining 2 tablespoons oil in wok. Add noodles and stir-fry until they are heated through. Stir in vegetables and beef. Add sauce and stir-fry to mix well.

Beef Satay

(While satay is a Southeast Asian dish, it is becoming popular at Chinese dim sum. The hoisin sauce gives this recipe a different flavor than Indonesian or Thai satays.)

Serves 6 – 8

Ingredients:

1 1/2 pounds beef, sliced thinly, then cut in 1" wide strips
1/3 cup soy sauce
2 tablespoons sugar
2 tablespoons cornstarch
1 1/2 tablespoons hoisin sauce
1 tablespoon minced ginger
1 tablespoon minced garlic

Directions:

Arrange meat in a shallow glass pan. Combine remaining ingredients and pour over meat. Marinate, covered and refrigerated, overnight. Drain.
Thread each strip of meat lengthwise on a soaked* bamboo skewer, weaving it in and out. Broil or grill briefly, until browned on both sides.
*The author recommends soaking the bamboo skewers in water for 30 minutes before using, to prevent them from burning.

Beef Stew

Chinese cooks at Hawaiian ranches made stew on an open fire, tossing the less-than-tender beef into a pot of water to simmer all day long, then adding vegetables shortly before the cowboys came in.

Serves 6 - 8

Ingredients:

2 pounds stewing beef (the authors recommend chuck roast or short ribs)
2 tablespoons vegetable oil
3 large onions
2 (8 ounce) cans tomato sauce (or 1 (6 ounce) can tomato paste)
6 medium potatoes, cut to the size of small stones
2 large carrots, cut to the size of bottle corks
5 cloves garlic
1 tablespoon plus 1 teaspoon salt

Thickener:

4 tablespoons flour
pinch of sugar
1 tablespoon soy sauce
1 cup water

Directions:

Finely mince the garlic and half of one of the onions. Heat the cooking oil in a large pot. Add the garlic and onions and brown. Add the beef and salt and saut?until beef is thoroughly browned. Add tomato sauce and enough water to cover the beef. Bring to a boil, then turn the heat down and simmer covered, until meat is tender - a half an hour longer (longer for short ribs).

Meanwhile, cut the remaining onions into wedges (six to an onion). Add the potatoes to the pot and again bring to a boil. Replace the lid and simmer another half hour. Add carrots and cook 15 minutes; add the onions; simmer another 15 minutes.

Mix the thickener ingredients in a small bowl. Make sure to get all the lumps out. Bring the stew back up to a boil. Add thickener, stirring constantly until well combined. Simmer another 10 minutes. Serve on plates over steaming hot white rice.

Beef Stir Fry with Tri-Color Peppers

Ingredients:

1 pound Beef -- tenderloin
1 teaspoon Sesame oil
1 tablespoon Soy sauce
1/4 teaspoon Garlic powder
1/4 teaspoon Ginger
1/4 teaspoon Cumin
1 cup Onion -- slivered
3/4 cup Green bell pepper-(2 1/2" x
3/4 cup Yellow " " (2 1/2 in. x
1 Cup red bell pepper
1 Cup red bell pepper
2 tablespoon White wine vinegar directio

Directions:

1. Trim fat from pork, and cut crosswise into 1/4 inch slices.
2. Heat oil in a large non-stick skillet over high heat until hot, add pork, soy sauce, and next 3 ingredients; stir fry 3 minutes or until pork is done.
3. Remove pork mixture from skillet; set aside and keep warm.
4. Place skillet over medium-high heat; add onion and bell peppers, and stir fry 5 minutes.
5. Return pork mixture to skillet; add vinegar, and cook 1 minute.

Beef Teriyaki (Hawaii)

This dish is tasty, easy to make, and a great party favorite. Just double or triple the recipe.

Serves 4

Ingredients:

- 1 pound beef, cut in 1" cubes
- 1 15-ounce can juice-pack pineapple chunks
- 1/2 cup soy sauce
- 1/4 cup brown sugar
- 1 clove garlic, minced
- 1/2 teaspoon minced ginger
- 2 teaspoons sesame oil

Directions:

Combine all ingredients, including liquid from pineapple, and marinate, covered and refrigerated, 3 hours. Thread beef and pineapple alternately on skewers. Discard leftover marinade. Broil about 8 minutes, turning once, until beef is cooked.

Beef with Assorted Vegetables

Ingredients:

2/3 pound Beef flank steak

Marinade

1 teaspoon Dry sherry
1/2 teaspoon Ginger -- minced
1/3 teaspoon Sugar
2 tablespoons Oyster sauce
1 teaspoon Cornstarch
1/2 teaspoon Baking soda

Seasoning Sauce

1/4 cup Chicken stock
1/4 cup -water
1 teaspoon Cornstarch
1/4 teaspoon Sugar
1/2 teaspoon Sesame oil
1 tablespoon Soy sauce

Other Ingredients

1/4 teaspoon Salt
2 Dried hot red peppers -- chopped
1 Carrot
2 cups Boiling water
1 cup Snow peas -- or sliced
beans
1 cup Vegetable oil
1 cup Fresh mushrooms -- sliced

Directions:

1. Slice beef across the grain and at an angle into thin strips; cut strips 2 inches long.
2. Combine marinade in a medium bowl; add beef strips mix well and let stand for 30 minutes.
3. Mix seasoning sauce in a small bowl; mix well; set aside.
4. Add salt and carrot to water in a small saucepan; boil 15 minutes; add snow peas or green beans; cook 1 minute, remove from heat rinse with cold water and drain well. Slice carrot into thin slices.
5. Heat oil in wok over medium heat for 1 minute; add marinated beef, stir-frying until lightly browned; remove with slotted spoon, draining well over wok; set aside.
6. Remove oil from wok except 1/4 cup; heat over high heat for 30 seconds; add red peppers; stir-fry 15 seconds; add mushrooms; stir-fry 3 minutes; add seasoning sauce, cooked snow peas, carrots and cooked beef; stir-fry until sauce thickens slightly.

Beef with Broccoli

(the secret to this popular restaurant dish is to marinate the beef in a bit of oil)

Serves 3 to 4

Ingredients:

3/4 lb (375 g) lean beef, sliced thinly into bite-sized pieces

Marinade for Beef:

1 egg

1/3 tsp (1.5 mL) salt

1 Tbsp (15 mL) cooking wine

1 Tbsp (15 mL) cornstarch

2 Tbsp water

1 1/2 Tbsp (20 mL) oil

1 1/2 lb (750 g) broccoli, flowerets removed, slice on the diagonal into thin slices

1 cup (250 mL) cooking oil

2 1/2 Tbsp (30 mL) oyster sauce

2 Tbsp (25 mL) light soy sauce

3/4 Tbsp (10 mL) dark soy sauce

1 Tbsp (15 mL) sugar

a few drops of sesame oil

2 cloves garlic, crushed

1/2 cup (125 mL) chicken broth

2 Tbsp cornstarch (if desired)

Directions:

Slice beef and mix together marinade ingredients. Add marinade to beef and marinate for thirty minutes. Add 1 1/2 tablespoons of oil to beef, mix in thoroughly, and marinate beef for another thirty minutes. While beef is marinating, prepare the vegetables.

Heat wok and add 1 cup of oil. When oil is ready, add beef and stir-fry until it is nearly cooked. Remove beef and set aside on a plate. Drain the wok and wipe clean with a paper towel.

Add 1/2 cup water to wok. Bring the water to a boil and add the broccoli. Cover and cook until broccoli is cooked through. Drain the wok.

Heat wok and add oil (about 2 tablespoons). Add the garlic and stir-fry for about 1 minute. Add vegetables and beef and mix together. Make a well in the middle of the wok and add the sauce ingredients. Add cornstarch, stirring to thicken. Mix sauce together with other ingredients. Serve hot.

Variations

*Add carrots and onion if desired. Boil in the wok with the broccoli (you'll need to add more water).

Beef with Broccoli and Vegetables

Serves 3 to 4

Ingredients:

1 lb. tenderloin steak, partially frozen
2 tablespoons fresh ginger, chopped
1 1/2 tablespoons soy sauce
1 clove garlic, crushed
2 teaspoon sugar
1 tablespoon oil
2 onions, cut into quarters
1 1/2 cups broccoli
1/2 cup mushrooms, sliced
1 green pepper, sliced
1 beef stock cube
3/4 cup water
2 tablespoons cornstarch
1/4 cup water, extra
rice, cooked

Directions:

1. Trim meat and cut into thin slices.
2. Mix meat with ginger, soy sauce, garlic, and sugar. Let stand 30 minutes.
3. Heat oil and fry meat until brown. Add onions and broccoli and saute 2 minutes.
4. Add mushrooms, green pepper, water, crumbled stock cube and cornstarch, mixed with extra water to make a thin paste.
5. Stir until sauce boils and thickens, simmer 2 minutes. Serve with rice.

Beef and Chestnut Stew

Yield: 6 to 8 as part of a meal

Ingredients:

4 tablespoon peanut oil
3 pounds stewing beef, cut into 3/4 cubes

Sauce

1 tablespoon hoisin sauce
4 tablespoons Chinese rice wine or dry sherry
4 tablespoons light soy sauce
1 tablespoon finely minced or crushed garlic
1 whole star anise
1 teaspoon roasted and crushed Szechwan peppercorns
4 cups water
1/2 pound dried chestnuts, soaked overnight and drained

Directions:

Heat a wok or large frying pan and add oil. Brown the meat and place in a stove-top casserole. Mix all ingredients for the sauce and add to the pot, along with the browned meat. Add the drained chestnuts and cover. Simmer for about 1 1/2 hours, or until all is very tender.

Beef with Red Onions

(Red onions add a distinctive flavor to this dish)

Serves 3 to 4

Ingredients:

1 pound beef (flank or top sirloin steak), cut julienne
2 red onions, chopped
1 clove garlic, crushed
1 piece ginger, sliced
2 green onions, sliced diagonally

Marinade:

1 egg white
2 tablespoons light soy sauce
1 tablespoon cooking wine
1 tablespoon cornstarch
A few drops of sesame oil

Sauce:

3 tablespoons dark soy sauce
1 tablespoon sugar
1 tablespoon sherry

1/4 cup water (if desired)

Oil for cooking

Directions:

Cut beef across the grain. Add the marinade ingredients, and marinate beef for about 15 minutes.

While beef is marinating, prepare vegetables and sauce.

Heat wok and add 2 tablespoons oil, allowing it to drizzle down the sides. When oil is ready, add ginger and garlic. Stir-fry briefly and add onions. Stir-fry until onions are tender but not overcooked. Remove and set aside.

Add oil to wok. Add the beef, stir-frying until it changes color. If desired, add water at this point to make a gravy. Return the vegetables to the wok and mix well. Add the green onion. Serve hot with rice.

Nutritional Breakdown per serving (based on 4 servings): 377 calories (kcal); 23 g Total Fat (36 percent calories from fat); 24 g Protein; 16 g Carbohydrate; 72 mg Cholesterol; 1152 mg Sodium; 2 g Fiber, 551 mg Potassium

Beef with Satin Eggs

Ingredients:

10 1/2 (300g) boneless veal or beef sirloin 5
eggs
1/4 tsp. salt
1/8 tsp. pepper
1/4 tsp. scallions, chopped
1/4 tsp. ginger, chopped
2 tsp. meat broth seasoned with salt, sugar,
sesame oil and pepper to taste
1/2 tsp. cornstarch (cornflour) dissolved in
1/2 tsp. water
2 cups (500ml) vegetable oil for deep-frying;
uses about 3 1/2 oz (100ml)



Directions:

1. Wash the beef and cut into 1 inch (3mm) chunks
2. Beat the eggs and mix in the salt. MSG (optional), pepper and scallion.
3. Heat the oil in a wok. Deep-fry the beef over a low fire until cooked. Remove and drain well.
4. Pour the oil out of the wok, leaving only enough to cover the bottom, about 3 tbsp. Heat until the oil surface ripples. Add the ginger, beef, and broth, Bring to a boil. Stir the cornstarch-water mixture and add. Stirring to make a thin gravy. Sprinkle with the sesame oil. Add the eggs and cook, stirring, until they are scrambled but still soft. Remove and serve.

Beef with Spicy Black Bean Sauce

Ingredients:

3/4 pound beef
1 celery stalk
1 green onion
1/2 carrot
1 tablespoon fermented black beans
1 tablespoon chili paste
2 garlic cloves
2 ginger slices
1/2 teaspoon sesame oil

Marinade:

1 tablespoon soy sauce
1 tablespoon wine
1 teaspoon cornstarch
dash of pepper

Sauce:

1/4 cup water
1 tablespoon soy sauce
1 tablespoon sugar
1 teaspoon cornstarch

Directions:

Cut beef across the grain into thin, bite-sized pieces. Mix marinade ingredients. Marinate beef for twenty minutes.

While marinating beef, prepare vegetables and sauce. Mix sauce ingredients and set aside. Slice celery and carrots into thin slices. Peel and mince garlic cloves and ginger. Wash black beans and let sit for a few minutes to soften. Mince.

Heat wok and add 1 teaspoon of oil. When oil is ready, stir-fry celery, carrot, and green onion until tender and crisp. Remove vegetables from the wok and set aside.

Reheat the wok and add 2 tablespoons of oil. Stir-fry the ginger, garlic, and black beans until fragrant. Add the chili paste and the marinated beef. Stir-fry until there is no redness in the beef. Give the sauce mixture a quick stir and add to the beef. When the sauce is boiling add the cooked vegetables. Mix well. Remove from wok, sprinkle with sesame oil and serve.

Beef with String Beans

Serves 4 to 6

Ingredients:

3/4 pound flank steak, thinly sliced

Marinade

1 tablespoon soy sauce

1 tablespoon cornstarch

1 tablespoons oil

1 clove garlic, chopped

3/4 pound string beans, parboiled

Sauce

1/4 cup chicken stock

1 tablespoon sherry

1 teaspoon sugar, or to taste

1 tablespoon cornstarch mixed in 2 tablespoons water

Oil for cooking

Directions:

Cut the beef across the grain into thin slices. Add the marinade ingredients and marinate for about 15 minutes.

While the beef is marinating, prepare the other ingredients. Chop the clove garlic and trim and parboil the string beans (plunge the string beans into boiling water and boil briefly, then rinse in cold water and drain). Mix together the sauce ingredients and the cornstarch/water mixture.

Heat wok and add oil. When oil is ready, add the chopped garlic and stir-fry until aromatic. Add the beef and stir-fry until it changes color. Remove and set aside. Clean out the wok with a paper towel, reheat and add oil. When oil is ready, add the string beans. Stir-fry briefly and add seasoning if desired. Add the beef. Add the sauce. Give the cornstarch/water mixture a quick re-stir and add, stirring to thicken. Serve hot.

Beef with Three Vegetables

The Chinese believe three is a lucky number

Serves 3 – 4

Ingredients:

1 pound beef (flank or top sirloin steak), thinly sliced
1/2 large red onion, chopped
1/2 cup fresh mushrooms, washed and thinly sliced
2 bok choy stalks, leaves separated, leaves and stalks cut diagonally
1 clove garlic, crushed and chopped
1 piece ginger, sliced
2 green onions, sliced diagonally (optional)

Marinade

2 tablespoons light soy sauce
1 tablespoon Chinese rice wine or dry sherry
1/4 teaspoon sesame oil
1 tablespoon cornstarch

Sauce

3 tablespoons dark soy sauce
1 tablespoon sugar
1 tablespoon sherry
juice from the Stir-fried meat

Oil for stir-frying

Directions:

Cut beef across the grain. Add the marinade ingredients in the order given and marinate beef for about 15 minutes.

While beef is marinating, prepare vegetables and sauce.

Heat wok and add 2 tablespoons oil. When oil is ready, add the beef. Stir-fry until it is nearly cooked. Remove from the wok and drain on paper towels.

Clean out the wok, saving 2 tablespoons juice to add to the sauce, or more if desired.

Add 2 - 3 tablespoons oil to the wok. When oil is hot, add the ginger and garlic. Stir-fry briefly and add the onions. Stir-fry until onions are tender, then add the bok choy stalks. Stir-fry a bit longer, then add the mushrooms and finally the bok choy leaves. Push the vegetables up to the side and add the sauce in the middle, turning up the heat. Mix the sauce in with vegetables. Return the beef to the wok. Mix well and stir in the green onions if using. Serve hot with rice.

Beef with Tomatoes

A savory dish that is quick and easy to make.

Ingredients:

3/4 pound beef

Marinade

1/2 tablespoon soy sauce

pepper to taste

cornstarch to lightly coat beef

4 medium tomatoes

2 green onions

3 shallots

Sauce

1/4 teaspoon salt

2 teaspoons soy sauce

1 1/2 teaspoons sugar

1/3 cup water

Directions:

Cut the beef across the grain into thin slices approximately 1 1/2 inches long. Place the beef in a bowl, add the marinade ingredients and mix in with chopsticks, adding the cornstarch last. If you like, you can also add a bit of baking soda to tenderize the beef. Marinate for 15 minutes.

While the beef is marinating, prepare the vegetables. Dice the shallots and slice the tomatoes into six equal pieces. Slice the green onions into thin slices along the diagonal.

Mix together the sauce ingredients and set aside.

Heat wok and add oil. When oil is ready, add the beef. Stir-fry until it changes color, turning the meat over once. Remove from the wok and set aside. Clean out the wok and add more oil. Sauté the shallots, and add the tomatoes. Add the sauce. Return the beef to the wok and mix together. You can either add the green onion as well or serve it cold as a garnish. Serve hot over rice.

Beggar's Chicken

Serves 4

Ingredients:

- 1 fresh chicken, about 3 pounds (1.5 kg) cleaned
- 2 - 3 lotus leaves, soaked in hot water to soften and dried*

Marinade for Chicken

- 3 TB dark soy sauce
- 1 tsp salt
- 1 TB sugar
- 1 TB water
- 1/2 tsp five-spice powder
- few drops of sesame oil

Stuffing

- 5 ounces (150 grams) pork, finely shredded
- 3 1/2 ounces (100 grams) preserved mustard greens, finely chopped
- 5 Chinese dried black mushrooms, soaked in hot water to soften, stems removed and diced
- 3 pieces ginger, finely shredded
- 2 green onions, minced
- 2 tsp sugar
- 2 TB light soy sauce
- 3 TB Shao sing wine or dry sherry

Dough wrapping

- 5 cups plain flour
- 2 1/2 lbs salt
- 2 cups water

Directions:

Preheat the oven to 450 degrees Fahrenheit.

Clean the chicken thoroughly, removing excess fat. Mix together the marinade ingredients and rub inside and outside the chicken. Set the chicken aside to allow the marinade to dry.

To prepare the dough: Mix the flour and salt together. (Don't sift the flour). Slowly add the water, stirring. Knead to make a firm dough. (You don't want the dough to be too soft, as this will make it difficult to handle). Add more water if required.

To prepare the stuffing: Mix together the stuffing ingredients. Stuff the chicken loosely, and close the two ends with skewers or strong toothpicks. Wrap the stuffed chicken in the lotus leaves. Make sure that the chicken is completely enclosed.

Roll out the dough into a rectangle that will be large enough to wrap around the chicken (it should be about 1/2-inch thick). Fold the dough over the chicken and press the edges together, sealing well so that there are no holes.

Bake the chicken at 450 degrees F. for one hour, then reduce the heat to 300 degrees F. and bake for approximately three more hours.

Use a hammer to break open the dough pastry.

*Instead of lotus leaves, you can wrap the chicken in aluminum foil. Secure like a parcel.

Beijing Hot Pot

Ingredients:

1 lb. (500 g) fresh or reconstituted sea cucumbers
3 1/2 oz (100g) small fresh or canned mushrooms
3 prawns
2 cups (500ml) chicken and duck or chicken stock
5 oz (150 g) bamboo shoots(or canned bamboo shoots)
1 tsp. salt, or to taste
1 lb. (500g) cellophane noodles; cut into 6 inch (15cm) sections
1 tsp. rice wine
9 oz(250g) boneless chicken , cooked
1tsp sesame oil
1/4 tsp. MSG (optional)



Directions:

1. Blanch the sea cucumbers in boiling water for one minutes. Remove , clean and cut into strips. Remove the prawns' heads, shell, and devein them. Wash and cut each in 2 lengthwise, parboil 1 minute, and drain. Cut the bamboo shoots into large slices. Cook the cellophane noodles in boiling water for 2 minutes, drain and rinse and rinse under cold running water. Slice the chicken meat, 1/8 inch (3mm) thick.
2. Place noodles at the bottom of a fire pot. Arrange the sea cucumbers, prawns, chicken, bamboo shoot slices, and mushrooms on top.
3. Bring the stock to a boil in another pot. Add the salt, rice wine, MSG (optional), and sesame oil. You may adjust the seasonings to taste. Pour into the fire pot.
4. Fill the chimney with burning charcoal . To serve, let diners help themselves to the ingredients as they boil in the pot. The ingredients are eaten by dipping them into soy sauce or other dips.

Bird's Nest Soup with Rock Sugar

Serves 4

Ingredients:

2 ounces bird's nests (approximately 6 whole nests)
6 tablespoons crushed rock sugar
2 cups water

Directions:

Prepare the bird's nest: soak it in cold water for several hours or overnight. Rinse well. Go over the nests and pick out any loose feathers. Bring a pot of water to boil and simmer the bird's nests for about 5 minutes. Again, rinse well and squeeze dry. (You should have about 1 1/2 cups at this point. If not, adjust the amount of water and rock sugar accordingly).

Place the bird's nests in the pot and add 2 cups of water. Bring to a boil and simmer until the bird's nests are quite soft. Add the rock sugar, stirring to dissolve. Serve the soup hot.

Note: You'll want to save this for a special occasion. Authentic bird's nests are quite expensive, not surprising given that the nests come from the hardened saliva of the swiftlet. It could be a good choice for a romantic evening, as bird's nest is rumored to be an aphrodisiac.

Boiled Beef

Ingredients:

9 oz (250g) lean boneless beef
5 tsp. sweet fermented glutinous rice wine (or rice wine)
3 oz (100g) asparagus lettuce (substitute asparagus)
4 1/2 oz (125ml) vegetable oil
5 dried hot red chili (chilli) peppers
20 whole Sichuan Peppercorns
1/2 tsp. salt, or to taste
3 oz (100g) scallions, chopped into 2 inches long sections
2 tbsp cornstarch (cornflour) dissolved in 2 tbsp water
2 cups (500ml) beef stock
5 tsp. hot and salted fermented soybean paste
1 tsp. chili(chilli) oil



Directions:

1. Wash the beef and cut into slices 2 inches long by 1 inch wide and 1/8 inch thick (5 cm by 25mm by 4mm). Slice the asparagus. Seed and chop the chili peppers.
2. Place beef in a bowl and add the salt, cornstarch-water mixture, soy sauce, soy bean paste (chopped) and rice wine. Mix well.
3. Heat the oil in a wok over low heat to about 230°F (110°C), or until bubbles appear around a small piece of scallion green or ginger tossed into the oil. Add the chopped chili pepper and deep-fry until purplish-red. Add the peppercorns, scallions, and asparagus, and stir-fry for 1 minute. Add the stock and bring to a boil. Add the beef, stirring with a wok scoop to keep them separate. Boil the beef until it turns shiny. Remove, sprinkle with the chili oil, and serve.

Boiled Dumplings (Jiaozi)

Ingredients:

4 1/2 cups (500 g) flour, sifted
10 1/2 oz (300 g) lean boneless pork or mutton, minced
1 tsp salt, or to taste
6 1/2 tbsp (100 g) scallions, chopped
2 tsp ginger, chopped
1/8 tsp five-spice powder
1/2 tsp MSG



Directions:

1. Mix the flour with 3 1/2 oz (100 ml) of water to make a dough. knead until smooth and let stand for 30 minutes.
2. To prepare the filling, mix the pork or mutton with 7 oz (200 ml) of water and the salt. Stir in one direction until it becomes a paste. Add the scallions and blend well. divide filling into 100 portions.
3. Divide the dough into 4 portions and roll into long rolls. Cut each into 25 pieces. Flatten each piece and roll into 2 inches (5 cm) circles. Place 1 portion of filling in the center of each wrapper and fold the dough over it, making a bonnet-shaped pouch. Pinch the edges together to seal the dumpling. Repeat until all the dough and filling are used.
4. Bring 8 cups (2 litres) of water to a boil over high heat, Add half the dumplings. Stir them around gently with a ladel, and let the water return to a boil. Add enough cold water to stop the boiling, then bring back to a boil. When the water boils again, add more cold water and bring to a boil a third time. The dumplings will be done when they float to the surface. Remove, drain well, and serve.

Bok Choy Chicken Stir-fry in Garlic Sauce

Serves 3 - 4

Ingredients:

3 medium chicken breasts, boneless and skinless
3 large bok choy stalks with leaves

Chicken Marinade:

1 TB Chinese rice wine or dry sherry
1 green onion, diced
2 tsp cornstarch

*Sauce:**

1/4 cup low-sodium chicken broth
2 TB water
1 tsp white rice vinegar
1/2 tsp black rice vinegar
1 clove garlic, finely chopped
1/4 tsp salt

dash freshly ground black pepper

1 tsp cornstarch mixed with 4 tsp water

4 - 5 TB oil for stir-frying

Directions:

Cut the chicken into thin strips about 2-inches long. Add the rice wine or sherry, green onion and the cornstarch. Marinate the chicken for 30 minutes.

While the chicken is marinating, prepare the bok choy and the sauce. Separate the bok choy leaves and stalks, and cut both cross-wise into thin strips.

Combine the sauce ingredients and set aside. Combine the cornstarch and water in a small bowl and set aside.

Heat wok and add 2 TB oil. When oil is ready, add the chicken and stir-fry until it turns white and is nearly cooked. (Stir-fry in two batches if necessary). Drain the Stir-fried chicken on paper towels.

Clean out the wok and add 2 - 3 TB oil. When oil is ready, add the bok choy stalks. Stir-fry briefly and add the leaves.

Push the bok choy up to the sides of the wok and add the sauce in the middle. Turn up the heat to bring to a boil. Add the cornstarch/water mixture to the sauce and stir rapidly to thicken. Add the chicken. Mix through and serve hot.

*The inspiration for the sauce recipe comes from Calgary's Silver Inn Chinese Restaurant, rumored to be the place where authentic Alberta Ginger Beef was created. I've adapted the sauce from their recipe for [Sliced Chicken with Broccoli in Garlic Sauce](#).

Nutritional Breakdown per serving (based on 3 servings and 4 TB oil for stir-frying): 451 calories (kcal); 21 g Total Fat, (18 g Monounsaturated Fat), 57 g Protein; 5 g Carbohydrate; 137 mg Cholesterol; 818 mg Potassium, 424 mg Sodium; 1g Fiber

Bon Bon Chicken

Ingredients:

4 cups -water
1 1/4 pounds Chicken; skinned -- boned
1 Cucumber - peeled and -- thinly sliced
1/2 teaspoon Salt
4 Bean sheets -- or 2 oz
noodles
3 cups -hot water
1/2 teaspoon Peppersalt -- - see below
1/2 teaspoon Garlic -- minced
2 teaspoons Fresh ginger root -- minced

Seasoning sauce

2 teaspoons Sugar
1 tablespoon Worcestershire sauce
3 tablespoons Soy sauce
1 tablespoon Chili Oil -- - see below
4 1/2 teaspoons Sesame oil
4 1/2 teaspoons Sesame paste -- or
butter
2 tablespoons Szechuan peppercorns
2 tablespoons Salt

Chili oil:

1 cup Peanut oil
1/2 cup Sesame oil
1 cup Dried hot red peppers -- chopped
5 teaspoons Red (cayenne) pepper

Directions:

1. Bring 4 cups water to a boil in a large saucepan; reduce heat to medium; add chicken; cover and simmer 20 minutes; remove chicken and cool, reserving broth in saucepan.
2. Sprinkle cucumber slices with salt and let stand for 15 minutes; squeeze slices to remove water; arrange on a platter.
3. Soak bean sheets or noodles in 3 cups hot water for 5 minutes to soften, meanwhile bring chicken broth to a boil.
4. Once softened cut bean sheets into 1/2 inch widths or noodles into 4 inch lengths; place in a large strainer and dip into boiling broth for 5 seconds; drain well and arrange on top of cucumbers.
5. Cut chicken into 2 inch by 1/3 inch shreds with a cleaver; place chicken shreds on top of noodles; sprinkle with Peppersalt, garlic and ginger.
6. Combine ingredients for Seasoning Sauce in a small bowl and mix well; pour sauce over chicken, toss to coat and serve.

Bow Thai Pasta with Shrimp

The perfect choice for a romantic dinner for two - bowtie pasta is mixed with a flavorful sauce and quickly tossed with cooked shrimp.

Serves 2

Ingredients:

- 3 large garlic cloves, crushed
- 2 tablespoons minced fresh ginger
- 1 bunch fresh cilantro, stemmed (about 2 cups)
- 1/4 cup dry-roasted peanuts
- 1/2 teaspoon dried crushed red pepper
- 1/2 cup peanut oil
- 8 ounces bow tie pasta
- 12 ounces cooked peeled deveined medium shrimp
- 4 green onions, chopped (including green tops)
- 3 tablespoons fresh lime juice

Directions:

With processor or blender running, drop garlic and ginger through feed tube. Add cilantro, peanuts and red pepper. With machine running, gradually add oil. Season to taste with salt. (Can be prepared 6 hours and up to 1 day ahead. Cover and refrigerate.)

Bring pot of salted water to boil. Add pasta and cook until just tender. Place shrimp in colander. Pour pasta into colander. Drain. Return shrimp and pasta to pot. Add pesto sauce, onions and lime juice. Toss to coat. Divide between plates and serve.

Bow Ties

1 package egg roll wrappers (4 1/2 inches by 5 1/2 inches - each wrapper makes 2 bow ties)

Ingredients:

Syrup

1 cup brown sugar

1/2 cup corn syrup

1/2 cup honey

1/2 cup water

Oil for [deep-frying](#)

Directions:

Lay out a wrapper so that the longer (5 1/2 inch) are on the top and bottom, and the shorter (4 1/2 inch) sides on the left and right. Cut each egg roll wrapper from top to bottom into 4 equal pieces. Using a paring knife, cut a 1/2 inch slit in the center of each piece. Using 2 pieces, one laid on top of the other, make a knot like a bow tie. (Fold one end of the piece on top and thread it through the slit. Turn over, fold, and thread through the other way. Open the folded ends before deep-frying).

Heat wok and add oil. Deep-fry the bow ties until golden brown, about 5 at a time.

Drain on paper towels or a tempura rack if you have one.

Boil the syrup ingredients in a pot on medium heat for about 5 minutes. Dip the bow ties into the boiling syrup (if the syrup isn't boiling the bow ties will be too sweet), and drain well. Set aside to harden. Serve cold. (The bow ties can be stored in an air-tight container).

Braised Assorted Fungus

Ingredients:

50 grams (3 1/2 tablespoons) button mushrooms
50 grams (3 1/2 tablespoons) straw mushrooms
50 grams (3 1/2 tablespoons) abalone mushrooms
2 dried mushrooms
a few small pieces golden fungus
a few small pieces black fungus
a few small pieces white fungus
20 grams (about 1 1/2 tablespoons) dried lily flowers
50 grams (3 1/2 tablespoons) carrot
50 grams (3 1/2 tablespoons) sweet peas/pea pods
1 teaspoon rice wine or dry sherry
2 tablespoons oil

Stock:

500 ml (2 1/8 cups) water
1/2 teaspoon salt
1/4 teaspoon sugar
1 slice ginger
1 stalk spring/green onion

Seasoning:

1/4 teaspoon salt
1/2 teaspoon light soy sauce
1 1/2 teaspoons sugar
1/2 teaspoon sesame oil
300 ml (about 1 1/4 cups) vegetarian stock

Thickening:

1/2 teaspoon cornstarch (cornflour)
1 tablespoon water

2 tablespoons oil for stir-frying

Directions:

Wash and soak the dried mushrooms, fungi and dried lily flowers.
Wash, peel and thinly slice the carrot. Wash the sweet peas, and parboil for 1 minute. Drain.
Rinse the remaining mushrooms.
Boil the vegetarian stock. Add the yellow fungus, black fungus and the dried lily flowers and cook for 5 minutes. Drain.
While the fungus and dried lily flowers are boiling, prepare the seasoning and the cornstarch mixture. Set aside.
Heat wok and add 1/2 tablespoon oil. When oil is ready, add the carrots and sweet peas and stir-fry on high heat. Remove and set aside.
Heat 1/2 tablespoon oil in the wok. When oil is ready, add all the mushrooms and stir-fry on high heat for 1 minute. Remove and set aside.
Heat 1 tablespoon oil in the wok. When oil is heated, add the fungus, dried lily flowers and the rice wine and seasoning. Braise for 5 minutes. Add the mushrooms and braise for another 5 minutes.
Add in the carrots and sweet peas, stirring. Give the cornstarch/water mixture and add in, stirring to thicken. Serve hot.

Braised Bean Curd

Ingredients:

7 oz (200 g) fresh bean curd (tofu)
4 tsp soy sauce
1 tsp scallions, chopped
1 tsp ginger, chopped
1 tbsp flour
2 cups (500 ml) vegetable oil for deep-frying;
uses about 2 oz (60 ml)
1 clove star anise
1 tsp salt, or to taste
1 tsp peppercorn oil
1 tsp garlic, chopped



Directions:

1. Cut the bean curd into 1 1/4 inch squares by 1/4 inch thick (3 cm by 7 mm). Place in a bowl with 1 tbsp of the soy sauce, scallions, and ginger. Carefully mix the bean curd squares with the flour.
2. Beat the egg. Then pour the egg over the bean curd and blend well.
3. Heat the oil in a wok over high heat to very hot 350oF(180oC). Add the star anise, then add the bean curd, a few pieces at a time. Deep-fry until brown. Remove the bean curd and star anise and drain well. Reserve the star anise.
4. Pour the oil out of the wok. Pour 1 cup (250 ml) of warm water, the remaining 1 tsp of soy sauce and the salt in the wok and bring to a boil. Add the bean curd and star anise. Bring back to a boil, then lower the heat and simmer for 10 minutes, or until the stock is reduced. Add the peppercorn oil and garlic. Remove and serve.

Braised Beef (Shanxi style)

Ingredients:

1 lb. (400g) lean boneless beef
1/2 g fennel seed
10 tsp. (50ml) soy sauce
3 1/2 oz (100ml) chicken or duck broth
4 tbsp cornstarch (cornflour), dissolved in 4
tbsp water
2 tsp. rice wine
3 oz (100g) scallions, chopped
1/4 tsp. fresh ginger, chopped
3 1/2 fl oz (100ml) sesame oil
1/4 tsp. MSG (optional)



Directions:

1. Wash the beef and cut into thin slices. Mix with the soy sauce and scallions. Stir the cornstarch-water mixture and add.
2. Heat the sesame oil in a wok add the fennel seeds. Heat to very hot or until the oil starts to smoke, and add the beef. Stir-fry until barely cooked. Add the stock, rice wine and MSG (optional). Cover the wok, and boil rapidly for 1 minute. Add the ginger, stir and remove.

Braised Beef and Potatoes

Ingredients:

17oz (500g) lean boneless beef sirloin
1/4 tsp. fresh ginger, chopped
1/2 lb. (250g) potatoes
1/4 tsp. ground Sichuan Peppercorns
1 large carrot
5 tsp. vegetable oil
2 cups (500ml) water
1 tbsp soy sauce
1 tbsp coriander, chopped
2 tsp. salt, or to taste
1/2 tsp. scallion, shredded



Directions:

1. Wash the beef and cut into (30mm) chunks. Place in a pot of cold water to cover and bring to a boil. Let boil 1 minute, then remove and drain the beef and set aside.
2. Peel and wash the potatoes and cut into triangles or chunks the same size as the beef. Peel the carrot and dice or cut into small slices.
3. Heat the water in a wok, or a pot or a casserole, and add the scallions, ginger, and ground peppercorn. Add the beef chunks and vegetable oil, and bring to a boil. Reduce the heat to a slow simmer. Cover and simmer for 1 hour, or until the beef is cooked but fork-tender. Add the potatoes, carrots, soy sauce, and salt. Continue simmering until the beef is tender, checking the water and replenishing if necessary. If excess water remains when the beef is cooked, reduce to the desired amount by boiling over high heat. Add the MSG (optional) and sprinkle the coriander over the beef and serve.

Braised Beef with Bamboo Shoots (Chengdu-Sichuan)

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Ingredients:

- 3 1/2 oz (100g) young bamboo shoots, fresh or canned
- 1/2 oz (15g) rock sugar (or substitute)
- 2 1/4 lb. (1 kg) lean boneless beef
- 4 tbsp (60 ml) vegetable oil
- 2 tsp. ginger, sliced
- 2 tbsp. salted fermented soybean
- 2 tsp. scallions, chopped
- 2 tsp. salt
- 10 whole Sichuan peppercorns
- 3 1/2 tbsp rice wine
- 1 star anise



Directions:

1. Soak the bamboo shoots in cold water and cut into small pieces. Blanch quickly in boiling water, drain, and rinse in cold water. Set aside.
2. Cut the beef into 1 inch (3 cm) chunks and place in a pot with cold water to cover. Bring to a boil and skim off the foam. Then add the ginger, scallion, peppercorns, and star anise. Bring back to a boil and add the sugar. Stir until it dissolves. Turn the heat to low and simmer.
3. While the beef is cooking heat the oil until the surface ripples. Add the soybean paste and stir-fry until it turns slightly red. Add to the beef . When the beef has cooked for about one hour, add the salt, rice wine and the bamboo shoots. Stew the beef another hour until it is very tender, and serve.

Braised Chicken

Ingredients:

9 oz (250g) chicken boned and thighs
1/4 tsp. salt, or to taste
1 medium Chinese yam or potato, about 5 oz (150g),
parboiled
1 tbsp sugar
2 cups (500ml) vegetable oil for deep-frying
1 tbsp cornstarch (cornflour), dissolved in 1 tbsp water
1 tbsp rice wine
1 cup (200ml) high stock
3 tbsp soy sauce
2 tsp. sesame oil



Directions:

1. Wash the chicken and chop into 1 1/2 inch (4cm) pieces. Peel the yam or potatoes and roll-cut diagonally into 1 1/2 inch (4 cm) pieces.
2. Heat the oil in a wok to 375oF (190oC), or until a piece of scallion green or ginger sizzles noisily and browns quickly when tossed into the oil. Add the chicken and deep-fry to turn of colour. Remove the chicken and add the rice wine. Simmer over medium heat for 20 minutes. Add the soy sauce, sugar, yam and stock and continue simmering, until the chicken is tender.
3. If too much liquid is left in the wok, reduce by boiling rapidly. Stir the dissolved cornstarch and add to the wok. Cook, stirring , until the sauce thickens. Sprinkle with the sesame oil, and serve.

Braised Chicken with Chestnuts

Ingredients:

1 lb. (500g) chicken pieces
2 cloves star anise
1 1/2 tsp. scallions , chopped
5 tbsp vegetable oil
5 oz (150 g) chestnuts
4 tbsp sugar
1 1/2 tsp. fresh ginger, chopped
8 tsp. soy sauce
1 tsp. rice wine
1/2 tsp. MSG (optional)



Directions:

1. Wash the chicken and place in a heat-proof bowl. Add 1 tsp. scallion, 1 tsp. ginger, rice wine , and star anise. Put the bowl in a steamer and steam for 30 minutes. Remove the chicken, drain, let cool, and chop into 1 1/2 inch (4cm) pieces. Reserve and liquid in the bowl.
2. While the chicken steams, make a cross in the shell of each chestnut and place in a saucepan with water to cover. Bring to a boil for 3 to 5 minutes. Remove from the heat and let cool in the water. Shell and peel, but leave whole.
3. Heat the oil in a wok over high heat until the surface ripples. Add the chestnuts and stir-fry for 10 minutes. Drain and set aside.
4. Add the sugar to the wok and stir until melted. Add 1/2 tsp. scallions. 1/2 tsp. ginger, and chicken, and stir-fry until the chicken skin browns. Then add the soy sauce. Continue to stir-fry for about 1 minute and add the chestnuts. Pour in the chicken liquid, bring to a boil, and simmer over medium heat for 20 minutes. Remove and serve.

Braised Chinese Cabbage and Asparagus

Ingredients:

3 1/2 oz (100 g) fresh asparagus
10 1/2 oz (300 g) hearts of Chinese cabbage (bok choy)
3 tbsp vegetable oil
1/2 tsp scallions, chopped
1/2 tsp ginger, chopped
1 1/2 tsp rice wine
1/2 tsp salt, or to taste
1/2 cup (120 ml) chicken and duck broth or chicken broth
1 1/2 tbsp cornstarch (cornflour) dissolved in 1 1/2 tbsp water
3 tbsp melted chicken fat
1/2 tsp MSG



Directions:

1. Peel the asparagus and cut crosswise into two sections. Wash the Chinese cabbage and separate the leaves. Blanch in boiling water for about 30 seconds. Remove, rinse in cold water, and drain well. Set aside.
2. Heat the oil in wok until the oil surface ripples. Add the scallions and ginger, and stir-fry until fragrant. Add the rice wine, MSG, salt, and stock. Add the asparagus and cabbage and bring to a boil over high heat, then turn the fire to low and simmer for 3 to 5 minutes. Turn up the heat to high and add the cornstarch-water mixture. Cook, stirring, until thickened. Stir in the chicken fat, remove, and serve.

Braised Chinese Cabbage with Shrimps

Ingredients:

9 oz (250 g) Chinese cabbage (bok choy)
5 oz (150 ml) vegetable oil
1/2 tsp scallions, shredded
1/4 tsp fresh ginger, shredded
4 tsp dried shrimps, soaked
2 fresh or canned mushrooms, sliced
1 carrot, sliced thinly
5 oz (150 ml) clear stock
2 tsp salt, or to taste
1 tsp soy sauce
1/8 tsp ground Sichuan peppercorn
2 tbsp cornstarch (cornflour) dissolved in 2 tbsp water
1/4 tsp sesame oil
1/4 tsp MSG



Directions:

1. Wash the cabbage, drain well, and cut into 1 1/2 inch by 1 inch (4cm by 2.5cm) pieces.
2. Heat 3 tbsp of the oil in a wok until the surface ripples. Add the cabbage and stir-fry for 1 minute. Remove and set aside. Heat 7 tbsp of the oil. Add the scallions and ginger and stir-fry until fragrant. Add the cabbage, shrimps, mushroom and carrot. Pour in the stock and bring to a boil. Add the salt, soy sauce, and ground peppercorn. When the stock has been almost reduced, add the MSG and the cornstarch-water mixture. Cook, stirring, until thickened slightly. Add the sesame oil, remove, and serve.

Braised Creamed Cabbage

Ingredients:

9 oz (250 g) hearts of white Chinese cabbage (bok choy)
4 tbsp (60 ml) vegetable oil
3 tbsp scallions, chopped
1 tsp rice wine
7 oz (200 ml) high stock
3/4 tsp salt, or to taste
3 1/2 oz (100 ml) milk
2 tbsp cornstarch (cornflour) dissolved in 2 tbsp water
1/4 tsp sesame oil
1/4 tsp MSG



Directions:

1. Wash the cabbage and cut into 5 inch (13cm by 10mm) strips. Stack cabbage in a wok with the white parts on the bottom. Add water to barely cover and simmer until soft. Remove, drain, and set aside.
2. Heat the oil in a wok until the oil surface ripples. Add the scallions and stir-fry until fragrant. Add the rice wine, stock, and salt. Bring to a boil and cook for 30 seconds. Add the cabbage and bring back to a boil. Turn down the heat and simmer 1 minute. Stir in the milk and MSG. Add the cornstarch-water mixture and cook, stirring, until thickened. Sprinkle with the sesame oil, remove, and serve.

Braised Eggplant

Ingredients:

9 oz (250 g) eggplants
9 oz (250 ml) vegetable oil for deep-frying; uses about
1 tbsp (15 ml)
1 tbsp soy sauce
1/2 tsp scallions, chopped
1/2 tsp salt
1/2 tsp fresh ginger, chopped
2 tbsp cornstarch (cornflour) dissolved in 2 tbsp water 2
cloves garlic, peeled and crushed
1 tsp sesame oil



Directions:

1. Peel the eggplant and cut into slices about 1/2 inch (1 cm) thick. Score the slices on one side about 1/8 inch (3 mm) deep and cut into 1 1/4 inch (3 cm) strips.
2. Heat the oil in wok to 400°F (205°C) or until a piece of scallion green or ginger moves quickly when tossed into the oil and a haze appears above the oil surface. Add the eggplant and deep-fry until brown. Remove and drain well.
3. Blend the soy sauce, salt, scallions, ginger, the cornstarch-water mixture and 5 additional tsp water into a sauce.
4. Pour all but 2 tsp of the oil from the wok. Heat over high heat, until the oil surface ripples. Add the garlic and stir-fry until fragrant. Add the eggplant strips and the sauce. Bring to a boil and cook, stirring, until the sauce thickens. Sprinkle with the sesame oil, remove, and serve.

Braised Fish with Garlic

Ingredients:

1 whole fish, about 1 1/2 lb(750g), head and tail removed (carp, perch, sea bass, mullet)
1 1/2 cup (400ml) fish or meat stock
1/2 tsp. salt, or to taste
1 tbsp sugar
4 cups (1 litre) vegetable oil for deep-frying; uses about 5 oz (150ml)
3 1/2 tsp. soy sauce
3 1/2 oz (100g) garlic
2 1/2 tbsp rice wine
1 hot red chili(chilli) pepper, stem removed and chopped
2 tsp. vinegar
1 tsp. ginger, chopped
1 tsp. cornstarch (cornflour) dissolved in 1 tsp. water
5 tsp. sesame oil
1/4 tsp. MSG(optional)



Directions:

1. Cut the fish into slices about 1 1/2 inch (4cm) long. Rub with the salt and let marinate for 15minutes.
2. Heat the oil a wok to about 350oF (175oC), or until a piece of scallion green or ginger sizzles and moves around quickly when tossed into the oil. Add the garlic and deep-fry until fragrant. Remove and drain. Add the fish pieces and deep-fry until browned. Remove, drain well and set aside.
3. Pour all but 7 tbsp of the wok. Add the garlic, red chili pepper , and ginger. Stir-fry until fragrant. Add the fish, stock, sugar, soy sauce, and rice wine, and simmer over low heat for 15 minutes. Remove the fish and place in a serving dish. Add the vinegar, scallions, MSG(optional),and cornstarch mixture to the wok. Raise the heat and cook, stirring , until the sauce thickens. Add the sesame oil, Pour the sauce over the fish, and serve.

Braised Fresh Ham with Rock Sugar

Ingredients:

4 lb. (1,000 g) fresh, uncured ham, boneless
1 tbsp scallions, chopped
3 1/2 oz pork bones
3 1/2 oz (100g) rock sugar
10 cups (2 litres plus 500ml) pork stock
1 oz (25g) brown sugar
4 tbsp (60ml) rice wine
2 tsp. salt, or to taste
1 tbsp fresh ginger, sliced



Directions:

1. Wash the ham and the bones and place in a large wok with bones under the ham. Add the stock and bring to a boil over high heat. Skim the foam from the surface and add the rice wine, ginger slices, scallions, sugars, and salt. Simmer, tightly covered, over low heat until the ham is tender. Discard the bones and place the ham in a serving dish.
2. Bring the sauce back to a boil and reduce until thickened. Pour over the ham and serve.

Braised Hairtail in Soy Sauce

Ingredients:

- 1 lb (500g) hairtail (or similar fish)
- 1 tbsp sugar
- 9 oz (300ml) vegetable oil for deep-frying
- 1 tsp. fresh ginger, sliced
- 2 cups (500ml) high stock
- 1 clove star anise
- 5 tsp. soy sauce
- 1 tbsp cornstarch (cornflour) dissolved in 1 tbsp water
- 1 tsp. salt, or to taste
- 1 tsp. hot red chili (chilli) oil
- 1 tsp. scallions, chopped



Directions:

1. Clean and wash the fish. Cut off the head and fins and chop crosswise into 4 inch (10cm) sections.
2. Heat the oil in a wok over high heat to about 350oF (175oC), or until a piece of scallion green or ginger sizzles and moves around quickly when dropped into the oil. Add the fish sections and deep-fry until brown. Remove and drain. Pour the oil out of the wok, leaving enough to cover the bottom, about 2 tbsp. Add the fish, rice wine, stock, sugar, soy sauce, salt, scallions, ginger, and star anise. Cover, bring to a boil and simmer over low heat for 10 minutes. Remove the fish and place in a dish.
3. Add the cornstarch-water mixture to the wok and cook, stirring , until thickened. Sprinkle 1 tsp. hot red chili oil over the sauce, pour over the fish, and serve.

Braised Prawns

Ingredients:

2 fresh Prawns
2 stalks of rape
9 oz (250g) boneless chicken breast
2 tsp. cornstarch (cornflour)
1/2 oz (15g) Chinese ham
10 stalks of asparagus, fresh, canned or frozen
1 tsp. rice wine, or dry sherry
1/2 oz (15g) dried bamboo shoot slices, soaked
1 egg white
4 cups (1 litre) chicken broth
1/4 tsp. salt, or to taste
2 tsp. MSG (optional)
1/2 oz (15g) fresh or canned bamboo shoots



Directions:

1. Shell, devein and remove the prawns. Mince the meat into a pulp and mix with the rice wine, egg white, MSG(optional) and salt. Slice the fresh or canned bamboo shoots and sprinkle each slice with dry cornstarch and spread with some of the prawn pulp.
2. Wash the rape leaves and shred. Chop 1 tsp. of the ham very finely and garnish the prawns with the rape shreds and ham.
3. Place the prawns on a heat-proof dish and steam for 3 minutes. Remove and cut the prawn slices into rectangular pieces. Place in a wok. Cut asparagus into 1 inch (3cm) sections. Cut the chicken into thin slices and cut the 2 tsp. ham into small diamonds. Cut the cabbages into 1 inch sections. Cut the dried chicken stock. Bring to a boil, remove and serve.

Braised Prawn (Shanghai style)

Ingredients:

7 prawn, whole
3 1/2 oz (100ml) stock
3 1/2 oz (100ml) vegetable oil or lard
1 1/2 tbsp tomato sauce
1/2 tsp. scallions, chopped
1/4 tsp. soy sauce
1/2 tsp. fresh ginger, chopped
1 tbsp cornstarch (cornflour) dissolved in 1 tbsp water
4 tsp. rice wine
3 1/2 fl oz vegetable oil
1 tsp. salt, or to taste
1 tsp. sugar



Directions:

1. Wash the prawns well. Twist off the heads and feet but do not shell, cut the shells along the back and devein with a tooth pick, or small knife. Rinse again under cold water.
2. Heat 6 tbsp oil or lard in a wok until the oil surface ripples. Add the scallions and ginger. Add the prawns and stir-fry about 30 seconds. Add the rice wine, cover the wok, and cook for 30 seconds. Add the salt, sugar and stock. Bring to a boil over high heat, cover, and simmer over low heat for 3 minutes. Add the tomato sauce and soy sauce and turn the heat to high. Boil until the sauce is reduced. Stir in the cornstarch mixture and cook, stirring, until thickened. Add 1 tbsp oil or lard and stir-fry to blend. Remove and serve.
3. Beat the eggs in a heat-proof bowl and stir in the salt, rice wine, MSG, 4 tsp. of the stock and mix well. Place fish in the bowl with the egg mixture. Place the bowl in a steamer and steam for 10 to 15 minutes, or until the custard is set.
4. Mix the soy sauce, sesame oil, the remaining 2 tsp. of the stock, the scallion, and the ginger into a sauce. Pour over the fish and serve.

Braised Turtle in Soy Sauce

Ingredients:

1 live soft-shelled turtle about 2 lb. (1 kg)
1 1/2 tbsp brown sugar
9 oz (250g) boneless pork
1 tsp. salt, or to taste
8 chicken wings
2 tbsp rice wine
5 tbsp lard or vegetable oil
4 1/4 cups(1 litre) chicken stock
4 oz (100g) garlic, sliced
2 1/2 cups (650ml) meat stock
2 tbsp ginger, sliced
1/4 tsp. pepper
3 tbsp (50 g) scallions, chopped, white parts only
1 tbsp sesame oil
3 1/2 tbsp soy sauce
1/4 tsp. MSG(optional)



Directions:

1. Chop off the turtle's head and drain off the blood. Scrape off the hard outer skin, remove the hard shell, and gut. Wash thoroughly and chop off the feet. Cut the turtle into 3 inch (7cm) chunks.
2. Chop the pork into 2 oz (50g) pieces. Cut off the tips of the chicken wings and chop each into 2 pieces. Parboil and pork and chicken wings in boiling water for 1 minute. Remove . Place garlic in a heat-proof bowl and steam until tender.
3. Heat the oil or lard in a wok over medium heat until warm, about 210oF (100oC). Add half the ginger and scallions and stir-fry until fragrant. Add the pork and chicken wings and stir-fry for 5 minutes. Add the soy sauce, brown sugar, salt, 1 tbsp of the rice wine, and the chicken stock. Bring to a boil and simmer over a low fire until the sauce thicken.
4. Pour the meat stock into another wok and heat. When it comes to a boil add the rest of the ginger and scallions, and rest of the rice wine. Add the turtle pieces to boil for 2 minutes. Remove . Add turtle pieces to the pork and chicken wings, simmer for 10 minutes over low heat. Add the pepper and continue simmering until the turtle meat is very tender. Remove the garlic to the stock. When the sauce thickened , pick up the pork in the wok (the pork can be used for other dish). Remove the chicken wings to the bottom of a dish. Stir in MSG(optional) and sesame oil in stock. place the turtle on top with the sauce.

Brown Sauce

You'll often find this easy to make sauce accompanying popular dishes such as Beef with Broccoli at Chinese restaurants.

Yield: About 1/3 cup

Ingredients:

3/4 cup beef broth (beef bouillion cubes can be used)

1 tablespoon plus 1 teaspoon oyster sauce

1 teaspoon dark soy sauce

1/2 teaspoon sugar

1 tablespoon cornstarch

Directions:

Combine the above ingredients in order and bring to a boil, stirring.

Bubble Tea

(Bubble teas are the latest fad to hit the Asian tea industry. Feel free to adjust this recipe according to your own tea and flavoring preferences)

Ingredients:

3 ounces tapioca pearls
sugar syrup
1 cup brewed tea (Chinese black tea or lychee tea is good)
1 cup milk (or to taste)
Ice cubes

Directions:

Prepare the sugar syrup for the tapioca pearls (see below).
Prepare the tapioca pearls (see below)
Place the tapioca pearls in the large glass jar
Allow the tea to cool to room temperature. Add the milk.
Remember the wild bar scenes in the Tom Cruise film Cocktail? Add the sugar syrup, milk and tea mix, and the ice cubes to a cocktail shaker and shake well. (Alternately you can process them in a blender, but that's not nearly as much fun!)
Pour the shaken mixture into the glass with the tapioca pearls. Serve with a thick straw.

(This recipe is loosely based on one that originally appeared in *The New York Times*)

Tapioca Pearls - these are the chief ingredient in Asian bubble teas.

Please note that the pearls expand considerably when cooked. Please ensure that you use a large pot.

1 part tapioca pearls
4 parts (or more) water
(as a rule, the more pearls cooked, the more water should be used: that is, the water to pearl ratio must be higher. For 3kgs of pearls, we recommend using as much as 6 times as much water)

Directions:

Boil the water. Add the pearls to the boiling water and boil for 30 minutes. Stir occasionally to make sure the pearls are not sticking to each other or to the pot. Turn off heat and let the pearls steep in the water for another 30 minutes with the lid of the cooking pot on.

Drain the tapioca pearls and rinse with cold water to cool them down. Place them in sugar syrup (sugar and water solution - see below). Make sure that the pearls are covered. Stir the pearls well.

The pearls are now ready to enjoy.

Note: To prevent the pearls from sticking to each other and to the pot, there must be enough water and the pearls must be stirred.

Buns (Basic Recipe)

24 Buns

Ingredients:

1 package dried yeast or 1 cake fresh yeast
1 cup lukewarm water
4 1/2 cups flour
1/4 cup sugar
2 tablespoons Crisco or vegetable oil
1/2 cup boiling water
2 tablespoons sesame seed oil

Directions:

Dissolve yeast in lukewarm water. Add 1 cup of flour. Mix thoroughly. Cover with cloth. Let rise 1 hour, until bubbles appear.

Dissolve sugar and vegetable oil in 1/2 cup boiling water. Stir well. Cool until lukewarm. Pour into yeast mixture. Add 3 1/2 cups flour.

Knead dough on lightly floured board until smooth. Put into extra large, greased bowl in a warm place. Cover with damp cloth. Let rise until double in bulk, about 2 hours.

Divide into 2 portions. Remove first portion and knead 2 minutes. Repeat with second. Roll each into roll 12 inches long and 2 inches wide. Cut into 12 pieces (24 total).

Flatten each piece with palm of hand. Roll with rolling pin into 3 inch circles.

Brush with sesame seed oil. Indent middle of circle with chopstick.

Fold circle in half so that it becomes a half moon. Crimp edges tightly with fork.

Place each roll on separate square piece of foil on steamer tray. Cover tray with towel. Let buns rise to double in bulk, about 30 minutes. Remove towel.

Steam, tightly covered, over briskly boiling water for 10 minutes. Serve with Peking Duck, Crispy Duck, or with any filling you desire.

May be prepared in advance. May be frozen. Thaw out in plastic bag and re-steam 10 minutes.

Cabbage-Wrapped Pork Rolls

Ingredients:

9 oz(250g) boneless pork, lean and fat
1 tsp. salt. or to taste
1 tsp. scallions, chopped
9 oz(250g) Chinese cabbage (bok choy)
1/2 tsp. fresh ginger, chopped
2 egg whites
1/4 tsp. pepper
2 tsp. flour
4 tbsp cornstarch (cornflour) dissolved in 4
tbsp water
7 fl oz (200ml) meat or bone stock
1/4 tsp. MSG (optional)



Directions:

1. Mince the pork and mix with the scallions, ginger, ground peppercorn, 3/4 tsp. of the salt, and the dissolved cornstarch. Set aside.
2. Trim and discard the tough outer leaves of the cabbage. Wash the tender inner leaves and blanch briefly in boiling water, removing immediately. Drain and let cool.
3. Mix the egg whites and flour into a batter. Spread the inner side of each cabbage leaf thinly with the batter and then the filling. Roll the leaves into cylinders about 1 inch(2 cm) in diameter and seal the openings with the egg batter. Repeat until all the filling has been used.
4. Place the rolls in heat-proof deep dish or tureen and steam over high heat for 15 minutes. remove and cool. Cut the rolls into 1 inch (2 cm) sections and steam again until the pork is thoroughly cooked.
5. Heat the stock to boiling. Add the MSG (optional) and the remaining 1/4 tsp. salt. Pour the stock over the cabbage rolls and serve.

Cabbage with Chinese Sausage

Serves 4 - 6

Ingredients:

1 pound Chinese cabbage
1 -2 Chinese sausages*
3 - 4 dried mushrooms
2 green onions
2 cloves garlic

Sauce:

1/3 cup water
1 tablespoon soy sauce
1 tablespoon rice wine
2 teaspoons chili paste
1 teaspoon sugar
1/2 teaspoon salt

Mixture:

2 tablespoons water
1 teaspoon cornstarch

Directions:

Reconstitute mushrooms: Soak them in warm water for 15 - 20 minutes. Cut into slices.

While the mushrooms are soaking, mix the sauce ingredients in a bowl and set aside. Also, prepare the other vegetables: cut the Chinese cabbage into bite-sized pieces. Cut Chinese sausage into 1/4-inch diagonal slices. Cut the green onions into 2-inch pieces. Mince the garlic.

Heat wok and add 2 tablespoons of oil. When oil is ready, add the white part of the green onion and the sausage. Stir-fry for approximately 2 minutes.

Give the sauce a quick restir. Add the cabbage and the sauce to the wok. Simmer on low heat until the cabbage is tender. Add the cornstarch mixture to thicken. Add the tops of the green onion, mix thoroughly, remove, and serve hot.

*Chinese sausages are smaller than regular sausages; they can be purchased at Asian markets.

Candied Banana Fritters

Ingredients:

5 bananas
1 tablespoon oil
7 tablespoons sugar
2 tablespoons cold water
1 - 2 teaspoons sesame seeds or black sesame seeds*

Flour Batter:

1 egg
1/4 cup cornstarch
1/2 cup flour
6 tablespoons cold water (or enough water to make a thin batter)

6 cups oil for deep-frying (or less if desired)

Directions:

Mix together the sugar and water. Set aside.

Beat the egg in a bowl. Add the cornstarch, flour, and water, and blend well.

Cut a banana on the diagonal into 5 pieces. Sprinkle some added flour onto it and coat the pieces in the flour batter using your fingers. Repeat for each banana.

Heat wok and add oil for deep-frying. When oil is hot, drop the bananas into the hot oil and add a few pieces at a time, turning them once, until they are golden brown.

Remove and drain on paper towels.

Heat frying pan and add 1 tablespoon of oil. Give the sugar and water mixture a quick re-stir and add to the frying pan. Stir the mixture on low heat until the sugar dissolves and turns into a syrup. Turn off the heat and add the bananas. Mix carefully and serve immediately. Sprinkle sesame seeds over the bananas just before serving.

*Black sesame seeds are thought to help prevent hair from graying

Cantonese Spring Rolls

(Delicate spring rolls filled with shredded pork, shrimp, black mushrooms and garlic chives)

Makes 30 Spring Rolls

Ingredients:

1 pound sirloin or center cut pork fillets, trimmed of fat and gristle

For the marinade, mixed together:

1 tbsp soy sauce

2 tbsp rice wine or sake

1/2 teaspoon toasted sesame oil

1 1/2 teaspoons cornstarch

For the filling:

1/3 pound raw medium-size shrimp, peeled, deveined, rinsed, drained and patted dry

1 tbsp plus 1 teaspoon peeled and minced fresh ginger

1 tbsp rice wine or sake

1 teaspoon cornstarch

7 tbsp safflower or corn oil

1 tbsp minced garlic

10 dried Chinese black mushrooms, softened in hot water to cover, drained, stems removed and caps shredded

4 cups thin julienne strips cored Chinese Napa Cabbage

2 cups fresh Chinese garlic chives or leeks (white sections only), cut into 1-inch lengths

2 cups bean sprouts, rinsed and drained

For the sauce, mix together:

2 tbsp soy sauce

2 tbsp rice wine or sake

1 teaspoon Oriental sesame oil

1/4 teaspoon freshly ground black pepper

1/2 teaspoon cornstarch

To Make and Fry the Spring Rolls:

30 spring roll skins

6 tbsp water

3 tbsp all-purpose flour

4 cups safflower or corn oil

To Serve:

Chinese plum or duck sauce

Chinese hot mustard

Directions:

Using a sharp knife, cut the pork across the grain into paper-thin slices, then cut slices into matchstick-size shreds. Place in a medium-size bowl, add the marinade, toss lightly to coat, and let marinate for 20 minutes at room temperature. Drain. Slice the shrimp lengthwise in half. Cut into 1/4-inch dice. Place in a small bowl, add 1 teaspoon of the minced ginger, the rice wine and cornstarch, and toss lightly to coat.

Heat a wok or a large heavy skillet over high heat until very hot. Add 3 tablespoons of the oil and heat until hot, about 30 seconds. Add the drained pork and stir-fry, stirring constantly, until the meat loses its pink color and separates into shreds. Remove with a handled strainer or a slotted spoon and drain in a colander. Wipe out the pan. Reheat the pan, add 2 tablespoons of the oil, and heat

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until hot over high heat. Add the shrimp and stir-fry until opaque. Remove with a handled strainer or a slotted spoon and drain in a colander. Wipe out the pan. Reheat the pan, add the remaining 2 tablespoons oil, and heat until hot over high heat. Add the remaining 1 tablespoon minced ginger, the garlic and mushrooms and stir-fry until fragrant, about 15 seconds. Add the cabbage and toss lightly over high heat until slightly limp, about 1 1/2 minutes. Add the garlic chives or leeks and the bean sprouts, toss lightly for 30 seconds, and add the sauce mixture. Cook, stirring continuously to prevent lumps, until thickened. Transfer to a serving platter to cool. Clean out the pan.

Separate the spring roll skins and cover them with a damp cotton dish towel to keep them from drying out. In a small bowl, mix the water and flour together until smooth. Arrange a skin facing you. Squeeze a heaping tablespoon of the filling to remove any excess liquid and place toward the lower third of the wrapper. Roll up to form a cylindrical shape, folding in the two sides as you roll. Spread some of the flour mixture on the top edge and press to seal the seam. Repeat with the remaining wrappers and filling.

Reheat the wok or skillet over high heat until very hot. Add the oil and heat to 375 degrees Fahrenheit. Add a batch of the spring rolls without crowding them and fry, turning constantly so they cook evenly, until golden brown and crisp. Remove with a handled strainer or a slotted spoon and drain on paper towels. (You may want to keep them warm in a preheated 250 degree Fahrenheit oven). Reheat the oil until hot again and continue frying the remaining rolls in batches, reheating the oil each time. Serve with the plum sauce and hot mustard. (You can freeze the rolls once they have cooled. To serve, defrost, arrange on a rack placed on a baking sheet, and reheat in a preheated 375 degree oven until crisp, about 15 minutes.)

Cashew Chicken

(The original Chinese version would have been made with peanuts because cashew nuts do not feature in Chinese cookery. Nevertheless, this dish uses the best Chinese principles: stir-frying to seal in the juices of the chicken, and then stir-frying again with spices to flavor it.).

Serves 3 to 4

Ingredients:

8 ounces (225 g) boneless chicken breasts, skinned and cut into 1/2 inch cubes

Marinade:

1 egg white

1 teaspoon salt

1 teaspoon cornstarch

5 fluid ounces (150 ml) cooking oil (vegetable or peanut)

2 ounces (50 grams) cashew nuts

2 teaspoons dry sherry or rice wine

1 tablespoon light soy sauce

1 tablespoon spring onions, finely chopped as garnish (if desired)

Directions:

Add the marinade ingredients to the chicken cubes, mixing with chopsticks and adding the cornstarch last. Allow the chicken to marinate in the refrigerator for 15 - 20 minutes. While the chicken is marinating, mix together the dry sherry and light soy sauce and set aside.

Heat the wok and add oil. When the oil is ready, add the chicken cubes and stir-fry on medium heat, stirring quickly to ensure that the chicken does not stick to the wok, until it turns white. Remove the chicken from the wok and set aside.

Clean the wok with a paper towel and add one tablespoon of oil. When the oil is ready, add the cashews and stir-fry them for about 1 minute. Add the chicken, and the sherry/soy sauce mixture. Stir-fry the dish for about another 2 minutes. If you don't like raw spring onions, you can add them to the dish at this time. Otherwise, remove the dish from wok, garnish with spring onions, and serve.

Cashew Chicken Chop Suey

Ingredients:

2 Boneless Chicken breasts
1/2 c Celery, thinly sliced
1 Onion , thinly sliced
3 tb Soya sauce
1 t Ginger -- fresh minced
1/8 ts Pepper
3 ts Cornstarch
1/4 c -Water
1 c Chicken broth
1 1/2 c Bean sprouts -- fresh
1 cn Water chestnuts -- 8 oz, drai
1 cn Bamboo shoots -- drained
1 c Mushrooms -- fresh sliced
1/2 c Cashews

Directions:

1. Combine chicken, celery, onion, soy sauce, ginger and pepper in 2 qt casserole dish, mix well.
2. Cover and Microwave at HIGH for 5-8 minutes or until vegetables are tender and chicken is no longer pink, stirring twice.
3. Blend cornstarch and water in 1 cup measuring cup. Add to casserole dish.
4. Stir in remaining ingredients (except cashews).
5. Microwave uncovered at HIGH (100%) 15-19 minutes or till mixture is thickened stirring 2 or 3 times.
6. Sprinkle with Cashews.

Serving Suggestions ↦ Notes:

Serve over rice noodles or steamed rice.

Cauliflower with Chinese Ham

Ingredients:

- 1 whole cauliflower, about 3/4 lb. (400g)
- 1/2 tsp. rice wine
- 1 2/3 cups (400ml) chicken broth
- 1 tsp. cornstarch (cornflour), dissolved in 1 tbsps water
- 1 tbsps salt, or to taste
- 1/4 tsp. MSG (optional)
- 3 1/2 oz (100g) Chinese ham



Directions:

1. Place cauliflower in a pot of cold water and bring to a boil. Blanch 2 minutes and remove, drain, and place in a heat-proof bowl. Add the salt to the chicken broth and pour over the cauliflower. Place the bowl in a steamer and steam the cauliflower until tender. Remove from heat and drain, reserving the broth. Score the cauliflower length-wise and crosswise, without cutting through to the base. Place it in a serving dish. Keeping it in its original form .
2. Cut the skin off the ham and discard. Place the ham in a heat-proof bowl and add the rice wine. Place the bowl in a steamer and steam for 50 minutes. Remove from heat and chop into small pieces.
3. Pour the reserved chicken broth into a wok and bring to a boil. Add the MSG (optional). Stir the cornstarch to blend and add. Cook, stirring, until thickened and pour over the cauliflower. Sprinkle with the ham and serve.

Char Kway Teo

(A popular street hawker's made with chow fun or rice noodles)

Yield: about 4 cups

Ingredients:

2 tablespoons peanut oil
2 eggs, beaten
3 small onions, sliced in thin rings
3 to 4 fresh red chilies, seeded and minced
2 cloves garlic, chopped
3 Chinese sausages (lap cheong), thinly sliced
1/2 pound small shrimp, sliced
1 cup mung bean sprouts
about 3/4 pound fresh rice noodles (chow fun)
2 to 3 tablespoons soy sauce
1 tablespoon soy sauce
2 scallions, cut into 1/2 inch lengths

Directions:

Heat 2 teaspoons oil in a wok over medium heat. Add eggs and scramble. Remove. Heat remaining oil over medium-high heat. Add onions and stir-fry until they start to brown. Add chiles, garlic, and Chinese sausages and stir-fry until fragrant. Add shrimp and stir-fry until barely pink.

Increase heat to high. Add bean sprouts, rice noodles, soy sauce, and oyster sauce. Stir-fry until bean sprouts wilt.

Add scrambled eggs and reheat, tossing to mix. Sprinkle with scallions.

*You should use fresh rice noodles (chow fun) that are available at Asian markets. However, you can substitute dried broad rice noodles known in Thai and Vietnamese markets as banh pho.

Char Siu - Honey Roasted Pork

This popular dish is also called barbecued pork in some restaurants, partly because of its reddish brown and slightly charred look around the edges.

Serves 4

Ingredients:

2 1/2 lb (1 kg) fillet of pork
2 tablespoons maltose or honey, dissolved with a little water

For the Marinade:

1 tablespoon soft brown sugar
1 tablespoon yellow bean sauce
1 tablespoon light soy sauce
1 tablespoon dark soy sauce
1 tablespoon Hoisin sauce
1 tablespoon oyster sauce
2 tablespoons brandy, whisky or rum
1 teaspoon sesame oil

Directions:

Cut the pork into strips about 1 綑 (4 cm) thick and 7 吋 (18 吋 20cm) long, and marinate, covered, for at least 8 吋 10 hours, turning occasionally.

To cook: preheat the oven to 220 degrees Celsius/450 Fahrenheit/Gas mark 7, and place a roasting or baking tin filled with about 1 pint (600 ml) boiling water at the bottom. Take the pork strips out of the marinade, drain them well and reserve the marinade. Put the tip of an S-shaped hook through one end of each strip, then hang the strips on the top rack in the oven, making sure they dangle freely.

Roast for 10 吋 15 minutes, then baste with the marinade, reduce the heat to 180 degrees Celsius/350 F/Gas 4, and cook for a further 8 吋 10 minutes. Remove the meat from the oven, let it cool down for 2 吋 3 minutes, then brush the strips with the maltose or honey syrup, and lightly brown them under a medium hot grill for 4 吋 5 minutes, turning once or twice.

To serve: cut the meat across the grain into thin slices, and make a sauce by boiling the marinade and the water and drippings from the baking tin together for a few minutes, then strain into a gravy boat. Serve hot or cold.

Chengdu Chicken

(A typical Szechuan dish, named after the capital of the province)

Serves 2 by itself, or 3 - 4 as part of a multicourse meal

Ingredients:

1/2 lb chicken breasts, boned

Marinade:

1 tablespoon light soy sauce

1 teaspoon cooking wine (or sherry)

2 tablespoons water

2 teaspoons tapioca starch (or cornstarch)

4 tablespoons oil

1/2 bunch spinach

1 tablespoon chopped green onion

1 tablespoon chopped ginger

1 tablespoon chopped garlic

1 tablespoon hot bean sauce

Sauce:

1 teaspoon cooking wine (or sherry)

1 teaspoon light soy sauce

2 teaspoons sugar

1/2 teaspoon sesame oil

1 teaspoon vinegar (red wine or rice vinegar)

1 1/2 tablespoons water

1 teaspoon cornstarch

1/2 teaspoon freshly-ground Szechwan pepper

Directions:

Remove fat from chicken. Cut first into strips, then cubes.

Mix together marinade ingredients. Marinate chicken for twenty minutes.

While chicken is marinating, prepare vegetables. Peel skin off ginger, cut into thin slices, and mince. Peel and cut garlic into strips (whack it first with the cleaver to make it easier to peel). Chop green onion two to three times into fine pieces.

Heat wok. When wok is hot, add oil. Add spinach, and sprinkle a bit of salt on top. As soon as spinach wilts, remove and set aside.

Mix together sauce ingredients. Set aside. Mix cornstarch and water. Set aside.

Heat wok again and add three tablespoons oil. Put in chicken cubes and stir-fry, stirring continually to keep the chicken from sticking.

When the chicken is approximately 80 percent cooked, move it to the side of the wok.

Add the ginger, garlic, and green onion in the middle of the wok.

Mix in the hot bean sauce. Stir the sauce mixture and mix in. Stir the cornstarch and water mixture and mix in.

Serve over spinach and sprinkle with ground szechuan pepper.

Chiang Mai Steaks

Ingredients:

Coconut Milk

1 1/2 cup Water

1 cup Packed -- flaked coconut

Steaks

4 Beef tenderloins -- cut 1"

2 tablespoon Creamy peanut butter

2 teaspoon Curry powder

1 Coconut Milk

Kiwi fruit -- peeled and

2 tablespoon All-purpose flour

Sliced -- if desired

1/4 teaspoon Salt

Flaked coconut

1/2 teaspoon Butter

Parsley sprigs

1/2 teaspoon Vegetable oil

Directions:

1. Bring 1 1/2 cups water to a boil in small saucepan Add 1 cup packed, flaked coconut and simmer, uncovered, 5 minutes.
2. Process in blender at high speed for 1 to 2 minutes or until thoroughly blended. Strain coconut milk, discarding coconut.
3. Prepare coconut milk. Combine flour and salt; dust beef tenderloin steaks.
4. Shake off excess flour and reserve.
5. Heat butter and oil in large heavy frying pan over medium heat until hot.
6. Add steaks and pan fry 6 to 8 minutes or to desired degree of doneness, turning once.
7. Remove steaks, keep warm.
8. Reduce heat to medium low. Add reserved flour to pan and cook just until brown, stirring constantly.
9. Stir in peanut butter and curry powder until smooth.
10. Gradually add coconut milk and cook until sauce comes to a boil and thickens, stirring constantly.
11. Return steaks to pan and turn to coat with sauce.

Serving Suggestions & Notes:

Place steaks on heated platter. Garnish with Kiwi and parsley sprigs. Sprinkle with coconut and serve

Chicken and Pea Pods

Ingredients:

1 lb Boned, Skinned Chicken
Sliced in Very Thin Strips
1 1/2 ts Cornstarch
1 tb Soy Sauce
1 tb Dry Sherry
1 t Minced Garlic
1/2 tb Oil

Ingredients:

1 tb Cornstarch
1 t Sugar
1 t Gingerroot
1/2 c Each Carrot Strips, Sliced
Celery, Sliced Green Onions
1 cn Sliced Water Chestnuts
Drained
1 pk Frozen Chinese Pea Pods
1/2 c Chicken broth
2 tb Soy Sauce

Directions:

1. Mix Chicken, Cornstarch, Soy Sauce & Sherry.
2. In a skillet 1 tsp. oil over high heat. Stir in garlic & ginger.
3. Add chicken and stir fry until no longer pink, remove and set aside.
4. In remaining oil stir fry celery and carrots for 1 minute, add green onions and stir fry another 30 seconds.
5. Add Water Chestnuts and Pea Pods.
6. Stir sauce & add to vegetables. Cook stirring until sauce begins to boil.
7. Return chicken to the pan and cook until heated through.

Chicken and Spinach Soup

(This is a "thin soup" that could take the place of a beverage at mealtimes.)

Serves 4 to 6

Ingredients:

6 ounces fresh spinach
6 ounces chicken breasts, cut into thin slices
4 cups chicken stock
2 tablespoons light soy sauce
2 teaspoons sugar
2 tablespoons green (spring) onions, finely chopped

Directions:

Prepare the spinach: wash the leaves and remove the stems. Bring a pot of water to a boil. Blanch the spinach by submerging it in the boiling water for a few seconds, and then plunging it into cold water. Cut the spinach leaves into 1-inch sections. Heat a second pot of boiling water and blanch the chicken pieces (chicken should be blanched for a longer period of time - about two minutes.) Bring the chicken stock to a simmer, and add the soy sauce and sugar. Add the spinach and chicken, and bring back up to simmering. Add the green onions and serve.

Chicken and Vegetable Stir Fry

Ingredients:

3 tablespoon Oil
1 teaspoon Cornstarch
1 pound Boneless Chicken Breasts, cut into strips
1/2 teaspoon Ground Ginger
1/2 cup Broccoli Florets
1 1/2 cup Water
2 ounce Snow Peas (About 1/2 C)
2 teaspoon Imported Soy Sauce
1 Med Carrot Thinly Sliced
1 teaspoon White or Rice Vinegar
1/2 Med Red or Green Pepper, cut into strips
Hot Cooked Rice
1 Env Golden Onion Soup Mix

Directions:

1. In large skillet, heat oil and cook chicken with vegetables over medium high heat, stirring constantly for 10 minutes or until chicken is golden and vegetables are tender crisp.
2. Thoroughly blend golden onion recipe soup mix, cornstarch, ginger, water, soy sauce and vinegar; stir into chicken mixture.
3. Bring to a boil, then simmer uncovered 5 minutes or until sauce is thickened.

Chicken Chop Suey

Ingredients:

1 pound Uncooked chicken breast -- cut
1/2 cup Sliced celery
in 1" cubes
1 Green pepper -- sliced
1 tablespoon Oil
1/2 cup Sliced mushrooms
3 Cubes vegetable bouillon
1 Tomato -- diced
1/2 cup Unsweetened pineapple juice
1/4 cup Sliced green onions
2 tablespoon Soy sauce
1 1/2 cup Fresh Chinese pea pods
1/2 teaspoon Ginger
1 can (4 oz) water chestnuts
1/2 teaspoon Horseradish
3 cup Fresh bean sprouts

Directions:

1. Pan fry chicken in oil. Remove from heat and set aside.
2. In another pan, crush bouillon cubes and dissolve in pineapple juice. Add soy sauce, ginger, horseradish, celery and green pepper; heat through.
3. Combine chicken with tomato, green onions, pea pods and water chestnuts; stir-fry for about 2 minutes.
4. Pour over fresh bean sprouts, top with pineapple sauce; serve immediately.

Chicken Chow Mein

(In China, Chow Mein is made with soft noodles. For crispy Chow Mein noodles, add more oil than the recipe calls for and cook the noodles longer to dry them out. You can substitute shrimp or pork for the chicken)

Serves 4 to 6

Ingredients:

- 1 pound chicken meat (or pork or shrimp)
- 1 cup celery
- 1 pound bok choy or broccoli
- 1/2 pound fresh mushrooms, sliced
- 1/2 pound dry won ton noodles
- 1 pound bean sprouts or snow pea pods
- 1 medium onion, sliced
- 1 green onion, diced along the diagonal
- 1 carrot, sliced (optional)
- 1 red pepper, sliced (optional)

Seasonings for Chicken:

- 1 teaspoon soy sauce
- 1 - 2 teaspoons oyster sauce
- salt, pepper to taste
- 1 small piece (less than 1 teaspoon) of cornstarch

Gravy:

- 1 tablespoon cornstarch
- 1 tablespoon oyster sauce
- 1 teaspoon soy sauce
- 1/2 cup water
- Salt, accent (if desired) and pepper to taste

Directions:

Pre-preparation: Wash the bean sprouts to give them more time to drain.

Preparation: Boil noodles in salted boiling water until they are soft, but not sticky. (Break the noodles in half if desired so they are easier to manage). Blanch the noodles in cold water and drain.*

Cut the chicken into thin strips. Add seasoning ingredients to chicken, adding cornstarch last. Marinate chicken in seasonings for 10 - 15 minutes.

While chicken is marinating, prepare vegetables. Cut the bok choy diagonally into 1/2 inch thick slices, slice mushrooms. If substituting broccoli for bok choy, peel the stalks until no more strings come out, and slice thinly on the diagonal.

Heat the frying pan on high, add 2 tablespoons of oil and fry the noodles in small portions until they are golden. Use chopsticks to separate the noodles as they are frying. Remove the noodles. Add more oil and add the meat and onion to the pan. Stir-fry until the meat has no redness. Remove from wok or pan.

Cook the rest of the vegetables separately, adding a bit of salt if desired to taste. (With the bean sprouts and bok choy add a bit of sugar as well if desired). If desired, add about 1/4 cup of water and cover pan while cooking bok choy, as it doesn't contain much moisture.

Give the gravy a quick restir. Add all the ingredients back into the wok, making a "well" in the middle of the wok for the gravy. Mix well. Add green onions at this point if desired, or save them for a garnish. Pour the mixture on top of the noodles. Garnish the chow mein with sesame seeds. Serve hot.

*If using fresh noodles, still boil them in hot water as this removes some of the starch and makes stir-frying easier.

Chicken Glazed in Bean Sauce

Ingredients:

1 chicken breast
3 garlic cloves, peeled
2 spring onions, trimmed and cut into thirds
1 tablespoon rice wine
2 tablespoons bean sauce
2 ounces roasted cashews
4 tablespoons oil

Marinade:

1 teaspoon soy sauce
1 teaspoon rice wine
1 teaspoon cornstarch
1/2 egg white (lightly beaten)
1 teaspoon sesame oil
dash of pepper

Directions:

Dice the chicken into cubes. Mix the marinade ingredients. Let chicken sit in the marinade for at least a half hour.

While the chicken is marinating, prepare the ginger and green onions.

Heat wok and add 3 tablespoons oil. When oil is ready, put in half of the garlic and spring onions and stir-fry until fragrant. Add the diced chicken and stir-fry quickly. After about one minute, lower the heat and add the wine. Once the sizzling has stopped, remove the chicken and set aside.

Heat the wok again and add 1 tablespoon oil. Add the garlic and bean sauce. Add the chicken and blend in the bean sauce as a glaze. Mix in the cashews and serve hot.

Chicken in Green Curry

Serves 4

Ingredients:

4 tablespoons Green Curry Paste
2 tablespoons Cooking Oil for Stir-frying
500 grams Coconut Milk
400 grams Chicken Breast, Sliced
4 Eggplants, Crispy*
20 grams Eggplant, Small
4 Kaffir lime Leaves
1 tablespoon Fish Sauce
1/2 tablespoon Sugar
10 grams Basil Leaves
1 Red Chilli, Sliced

Directions:

Heat the oil in a wok and fry the curry paste for one minute.
Add coconut milk and bring to a boil, add chicken, eggplant, and kaffir lime leaves.
Season with fish sauce and sugar. Once the chicken is cooked, add basil and chili.
Serve with steamed rice.

Chef's Tip:

Curry pastes vary in strength and spiciness from mild to fiery hot. Consult your shop on your preferences.
Green curry can also be prepared with beef, pork, or just vegetables.

*The eggplants are primarily for texture; if desired you can substitute cauliflower

Chicken in Oyster Sauce

Serves 4 - 6

Ingredients:

1 pound chicken meat

Marinade:

2 tablespoons soy sauce

1 tablespoon rice wine

1 teaspoon sesame oil

1 tablespoon cornstarch

3 - 4 Chinese dried mushrooms, softened and sliced

1 can bamboo shoots or 1 can baby corn

2 green onions, sliced on the diagonal into thirds

1 slice ginger, minced

1 garlic clove, minced

Sauce:

1 tablespoon dark soy sauce

2 tablespoons oyster sauce

1 tablespoon dry sherry

1 teaspoon sugar

1 1/2 tablespoons cornstarch

1/3 cup water

1 teaspoon sesame oil

Oil for stir-frying

Directions:

Combine the marinade ingredients and add to the chicken, mixing in with chopsticks and adding the cornstarch last. Marinate the chicken for 10 - 15 minutes.

While the chicken is marinating, prepare the vegetables and mix together the sauce ingredients. Rinse the canned vegetables in boiling water and drain.

Heat wok and add oil. When oil is hot, add garlic, ginger, and green onion, and stir-fry on high heat. Add the chicken and stir-fry, stirring frequently until the chicken changes color. Remove from the wok.

Add oil and stir-fry the mushrooms and bamboo shoots or baby corn. Return the chicken to the wok. Make a well in the middle of the wok and add the sauce, giving it a quick re-stir before adding. Stir sauce to thicken and mix with meat and vegetables. Serve hot.

Chinese Chicken Salad Recipe

(A recipe for Chinese chicken salad made with deep-fried chicken breasts and served with rice sticks.)

Serves 4 - 6

Ingredients:

4 ounces rice sticks
4 chicken breasts
2 tablespoons light soy sauce
1 head lettuce, shredded
preserved red ginger, chopped

Sauce:

1/2 cup sesame oil
1/2 cup red wine vinegar
1/2 cup light soy sauce
2 scallions, chopped fine
1 teaspoon pepper oil (optional)

2 to 4 cups oil for deep frying

Directions:

1. Deep fry rice sticks quickly, a few at a time in very hot oil until they puff, about 1 second. Drain. Remove.
2. Rub chicken with soy sauce and sesame oil. Place in shallow pan. Roast 45 minutes in 350 degree oven.
3. When chicken is cool, discard skin and bones and break meat apart with hands into shreds. Do not cut.
4. Combine first 3 ingredients of sauce in serving bowl. Mix well. Add scallions and pepper oil (this will make sauce spicy). Add lettuce and chicken. Toss well. Arrange rice sticks on top. Garnish with preserved red ginger. Serve cold.

* If you like, add toasted sesame seeds and thin almonds to taste

May be prepared in advance through step 4. Only cooked chicken may be frozen.

Chicken Stock

(To make the stock even richer, use 2lb/1 kg of chicken wings or feet plus 3 lb/1.5 kg of chicken backs and necks)

Yield: about 15 cups/ 3.75 L

Ingredients:

- 5 lb (2.5 kg) chicken backs and necks, chopped in chunks
- 20 cups (5 L) cold water
- 1 onion, quartered
- 2 cloves garlic, whole
- 1 carrot, chopped
- 1 large leek, trimmed, sliced, and cleaned
- 2-inch (5 cm) piece ginger, thinly sliced
- 1 teaspoon (5 mL) Szechuan peppercorns
- 1 teaspoon (5 mL) black peppercorns

Directions:

Rinse chicken bones thoroughly under cold running water. Drain. Add to large pot with cold water.

Over medium heat, bring mixture to slow boil, skimming off foam periodically. When stock starts to boil, add about 1 cup/250 mL cold water to retard boiling. Lower heat and keep pot at steady simmer for about 10 minutes. Continue skimming until surface is mostly clear.

Add all vegetables and peppercorns and reduce heat to slow simmer; continue cooking uncovered for about 4 hours. Do not stir and do not allow to boil. Skim surface a few times if necessary.

Strain finished stock through strainer lined with double layer of damp cheesecloth to catch solids and much of the fat. Refrigerate and skim off any fat.

Chicken Velvet Soup

Ingredients:

4 1/2 oz (125 g) boneless chicken breast
4 cups (1 liter) clear stock
4 egg whites
2 oz (50 g) Chinese cabbage hearts
2 1/2 tsp cornstarch (corn flour)
1 tsp Chinese ham, chopped
1 1/2 tsp salt, or to taste
3/4 tsp MSG
1/2 tsp pepper



Directions:

1. Use the upper edge of a cleaver to chop the chicken breast into a paste or a velvet, or use a food processor. Place in a bowl.
2. Beat the egg whites lightly and mix with the cornstarch. Add a little water to the chicken and stir to separate the chicken flesh. Stir in the egg white mixture, 1 tsp of the salt, 1/2 tsp of the MSG, the pepper, and 1/4 cup (60 ml) of the stock, 1 ingredient at a time. Stir into a paste.
3. Pour the stock into a saucepan and heat to boiling. Add the remaining 1/4 tsp MSG and 1/2 tsp salt. Then stir in the chicken paste and return to a boil, then turn the heat to low and simmer for 10 minutes, or until the chicken paste turns white and resembles very soft bean curd puree.
4. Blanch the cabbage hearts briefly in boiling water and rinse in cold water. Drain and cut each crosswise into two halves. Place in a large soup tureen. Add the chicken soup. Sprinkle with the chopped ham, and serve.

Chicken Wings in Five Spice

Ingredients:

12 Chicken wings -- whole
1 cup Water-chestnut flour
4 cups Peanut oil for deep-frying
Marinade:
1/2 teaspoon Freshly grated ginger
1/8 cup Light soy sauce
1/8 cup Dry sherry or Chinese rice -- wine
1/2 teaspoon Five-spice powder

Directions:

1. Cut each wing into 3 logical pieces, discard tips or use for soup.
2. Prepare the marinade and marinate the wing pieces for 1/2 hour.
3. Drain and toss in the water-chestnut flour. Deep-fry at 350 F until golden brown, about 5 minutes.

Chinese Chicken Wings with Oyster Sauce

Serves 6

Ingredients:

2 pounds chicken wings
1 - 2 tablespoons light soy sauce
1 - 2 tablespoons oyster sauce
1 garlic clove
dry sherry as needed
salt and pepper to taste

Directions:

Preheat oven to 350 degrees F.
Marinate the chicken wings for 1 hour.
Place the marinated chicken in a baking dish and bake for approximately 1 hour, until they are done. Turn the wings over and least once and brush with marinade before baking and 2 or 3 times during the baking process. Serve hot or cold as an appetizer.

These chicken wings can also be deep-fried: toss the wings in a flour/cornstarch batter (use as much cornstarch/flour as needed, keeping a 1:1 ratio between the two) so they are well coated, and deep-fry until crispy and well cooked. Drain on paper towels.

Chicken with Almonds

Serves 3 to 4

Ingredients:

4 chicken breasts
1 package frozen pea pods
1 cup mushrooms, quartered
1 green pepper, cut into chunks
1 cup almonds or cashews
1 cup bamboo shoots
1 can water chestnuts, sliced
1 can baby corn
4 green onions, chopped
1 tablespoon ginger, minced

1 cup oyster sauce

Directions:

1. Partially freeze chicken breasts. Cut breasts into strips.
2. Marinate chicken in oyster sauce for 10 - 15 minutes.
3. Remove chicken from sauce, and stir fry, with ginger, until meat turns white.
4. In clean wok stir fry veggies.
5. Add sauce and bring to a boil.
6. Add in chicken. Garnish with nuts and serve.

Chicken with Green and Red Peppers

Serves 4

Ingredients:

1 lb chicken
2 green peppers, stem removed, seeded, and cut into 1 inch squares
3 red peppers, stem removed, seeded, and cut into 1 inch squares
3 tablespoons garlic, sliced

Marinade:

1 egg white
1 tablespoon soy sauce
1 tablespoon cornstarch

Seasoning Sauce:

2 tablespoons soy sauce
2 tablespoons brown sugar
1/2 tablespoon wine
1 teaspoon cornstarch
1 teaspoon sesame oil
1 teaspoon sugar
1/2 teaspoon salt

3 cups oil for deep-frying
2 tablespoons oil for stir-frying

Directions:

Remove all bone from the chicken and cut into 1-inch cubes. Combine marinade ingredients and marinate chicken for approximately 30 minutes.

While chicken is marinating, prepare red and green peppers and garlic as per instructions above. Mix together the seasoning sauce ingredients.

Heat wok and add oil. When oil is ready, add the chicken and deep-fry until it is nearly cooked. Remove the chicken from the wok and drain on paper towels. Drain the oil from the wok.

Add 2 tablespoons oil to the wok. When oil is ready, add the garlic, then the red peppers and the green peppers. Add the chicken and the seasoning sauce. Stir until thickened. Serve hot over rice.

Chicken with Orange Peel (Szechuan Style)

Ingredients:

1 Large orange
2 large Whole chicken breasts -- skinned and boned
1 tablespoon Soy sauce
1 tablespoon Dry sherry
4 Green onions -- cut into 2 inch piec
1 teaspoon Minced, peeled ginger root -- OR
1/4 teaspoon Ground ginger
2 1/2 teaspoons Cornstarch
1/2 teaspoon Sugar
1/2 teaspoon Salt
1/2 cup Orange juice
1/4 cup Salad oil
1/4 teaspoon Crushed red pepper

Directions:

1. With a vegetable peeler or sharp knife, cut peel from orange into 1 1/2 inch-wide pieces, being careful not to cut into white membrane. Cut pieces into 1 1/2 inch-long strips.
2. Place on a small cookie sheet, and let peels dry slightly in 200° oven over 30 minutes.
3. Cut chicken into 1 1/2-inch pieces.
4. In medium bowl, mix well chicken, soy sauce, sherry, green onions, red pepper and ginger.
5. In small bowl, mix well cornstarch, sugar, salt and orange juice. Cover and refrigerate both.
6. About 15 minutes before serving: In 10-inch skillet over medium heat, in hot oil, with slotted spoon, stir-fry peels until crisp and edges are slightly browned, about 2 minutes; drain on paper towels.
7. In remaining oil in skillet, over high heat, stir-fry chicken mixture until chicken loses pink color and is tender, about 4 minutes.
8. Stir orange-juice mixture, then add to chicken and stir-fry until mixture is slightly thickened and coats chicken.
9. Spoon onto warm platter; sprinkle with peels.

Chicken with Walnuts

(This dish is from northern China. You can substitute oven-roasted unsalted cashew nuts for the walnuts.)

Serves 3 - 4

Ingredients:

450 g (1 pound) skinless, boneless chicken breasts, cut into 3/4-inch cubes

Marinade:

2 teaspoons rice wine or dry sherry

1/2 teaspoon grated fresh ginger

2 teaspoons cornstarch

Sauce:

2 tablespoons hoisin sauce

1 teaspoon sugar

2 tablespoons dark soy sauce

2 tablespoons water

4 tablespoons vegetable (cooking) oil

2 garlic cloves, lightly crushed

85 grams (3 ounces) shelled walnut halves, toasted

A few drops sesame seed oil

Directions:

Add the marinade ingredients to the chicken, mixing with chopsticks and adding the cornstarch last. Marinate the chicken for about 10 minutes.

While the chicken is marinating, mix together the sauce ingredients and set aside.

Heat the wok and add oil. When oil is ready, add the garlic and fry for a few seconds while stirring. Add the chicken and stir-fry, stirring constantly until the chicken is about 80 percent cooked.

Reduce the heat to medium. Give the sauce a quick re-stir and add to the wok, stirring well. Once the sauce is mixed in, add the walnuts and a few drops of sesame oil. Serve hot with rice and vegetables.

Chicken Wontons

Makes approximately 15 wontons

Ingredients:

1 onion, chopped
1 garlic clove, crushed
1 slice ginger, grated
250 grams (8 ounces) chicken meat, minced
2 tablespoons peanut butter
1 tablespoon sweet chilli sauce
1 tablespoon lemon juice
30 wonton wrappers
Oil for [stir-frying](#)
Oil for [deep-frying](#)

Dipping sauce of your choice

Directions:

Heat wok and add oil, drizzling the oil down the sides of the wok. Stir-fry the crushed garlic, ginger and onion. Add the chicken meat and stir-fry on high heat until the chicken browns. Add the seasonings, stirring. Remove the wok from the burner and allow the mixture to cool.

Set out the wonton wrappers with a small bowl filled with water. Lay out 1 wonton wrapper, and place approximately 1 tablespoon of the chicken mixture in the middle. Dip your finger in the water and run it along the edges of the wonton wrapper to wet. Take another wonton wrapper and place it on top in a way that forms a star shape (the top wrapper looks like a diamond instead of a square). Continue with the rest of the mixture.

Deep-fry the wontons a few at a time, sliding them carefully into the wok so that the oil doesn't splatter. Deep-fry until they turn golden and drain on paper towels. Serve with [Sweet and Sour Sauce](#) or the dipping sauce of your choice.

(Approximately 105 calories per wonton)

Chilled Berry Tea

(A refreshing dessert made with star anise and fresh berries)

Serves 6

Ingredients:

5 whole star anise (if using broken pieces use 1 tablespoon)

1 1/4 cups sugar

2 passion fruit tea bags

3 cups mixed berries (strawberries, blueberries, raspberries, blackberries)

1/2 cup bananas, cut into 1/2-inch dice

Directions:

In a saucepan, place 1 1/2 cups water and the star anise, bring to a boil, and cook for 2 minutes. Add the sugar and stir well until the sugar is dissolved. Return to a full boil and turn off the heat. Place the tea bags in the syrup, stir, and let cool. Remove the tea bags and the star anise. Pour the chilled tea over the berries and bananas. Place in the refrigerator until ready to serve.

Chili Oil

Ingredients:

1/3 cup salad oil
3 tablespoons sesame oil
6 small dry hot chili peppers

Directions:

Heat wok and add oil. When oil is ready, add the chili peppers and the sesame oil, and stir-fry for approximately 1 minute. Remove from the heat and allow to cool. Strain and discard the peppers. Store at room temperature in a covered jar. Makes 1/2 cup.

Chile Sauce

Ingredients:

About 2 ounces fresh red chiles, seeded
1 ounce shallots, peeled
1 ounce garlic, peeled
1 ounce fresh ginger, peeled
1/2 cup boiling chicken stock
3 to 4 teaspoons lime juice
1 teaspoon rice vinegar or malt vinegar
2 teaspoons sugar
1/2 teaspoon salt

Directions:

Combine chiles, shallots, garlic, and ginger in a food processor or blender and process to a paste. Transfer to a bowl and stir in boiling chicken stock, then remaining ingredients. Let stand at least 1 hour before serving. (Can be stored in the refrigerator for up to two weeks). Serve with Hainanese chicken.

Chinese Black Pepper Steak

Ingredients:

750 g Eye fillet (in one piece)
2 Onions, sliced
1/2 ts Sesame oil
2 T Dry sherry
2 t Sugar
2 t Grated fresh ginger
1 T Dark soya sauce
2 T Whole black peppercorns,
Crushed

Directions:

1. Cut steak into thin slices and combine with onions, sesame oil, sherry, sugar, ginger and soya sauce in bowl.
2. Cover, and let marinate several hours or refrigerate overnight.
3. Stir peppercorns through steak mixture.
4. Stir-fry steak and onions in a wok over high heat until steak is cooked to your liking.

Chinese Cabbage Soup with Dried Shrimps

Ingredients:

10 1/2 oz (300 g) hearts of Chinese cabbage
(bok choy)
2 Chinese black mushrooms, soaked
3 tbsp (50 g) dried shrimps, soaked
1/2 tsp salt, or to taste
2 tsp Chinese ham, sliced
1 tsp melted chicken fat



8.

Directions:

1. Cut cabbage hearts into 1/2 inch by 1 1/4 inch (1 cm by 3 cm) strips. Blanch briefly in boiling water and drain. Halve the mushrooms and discard the stems.
2. Pour the stock into a pot and add the ham, mushrooms, shrimps, cabbage, and salt. Bring to a boil and skim off any foam. Simmer until the cabbage hearts are very tender. Pour into a tureen, sprinkle with the chicken fat, and serve.

Chinese Carrot and Mushroom Stir-Fry

Prep: 10 min, Cook: 5 min.

Ingredients:

- 2 Tbs. sesame oil
- 6 ounces carrots, cut into strips
- 1 green pepper, cored, deseeded and cubed
- 9 ounces flat mushrooms, sliced
- 1/2 lb. canned bamboo shoots, drained
- 2 Tbs. light soy sauce
- 2 Tbs. Hoisin sauce
- 2 Tbs. vegetable stock

Directions:

Heat the oil in a wok or large heavy-based frying pan. Add the carrot and green pepper and stir-fry for 1 minute. Add the mushrooms, cover and cook for 2 minutes, stirring occasionally. Add the bamboo shoots, then gradually stir in the soy sauce, hoisin sauce, and vegetable stock. Bring to the boil, simmer for 1 minute, then serve immediately.

Per serving: calories 132, fat 7.8g, 49% calories from fat, cholesterol 0mg, protein 3.8g, carbohydrates 14.3g, fiber 4.3g, sugar 2.8g, sodium 435mg, diet points 2.9.

Dietary Exchanges: Milk: 0.0, Vegetable: 2.0, Fruit: 0.0, Bread: 0.0, Lean meat: 0.0, Fat: 1.4, Sugar: 0.0, Very lean meat protein: 0.0

Chinese Chicken Stuffed Peppers

Ingredients:

1 Lg sweet red Pepper
1 cup Finely chopped Chicken *
1 tablespoon Sesame oil
1 cup Cooked regular Rice
1 Clove garlic -- minced
1/2 cup Frzn English Peas -- thawed
1 teaspoon Minced fresh Gingerroot
Egg -- beaten
1/2 cup Finely chopped Carrots
1 tablespoon Plus 1 1/2 t Soy sauce
1/4 cup Thinly sliced Green onions
1/8 teaspoon Salt

Directions:

1. Cut a 1/2" thick slice from the side of each pepper, reserving slices; remove seeds.
2. Place peppers in boiling water, boil 5 minutes. Drain, set aside.
3. Coat a large skillet or wok with Pam; add sesame oil, and place over med heat until hot.
4. Add garlic and gingerroot; stir fry 30 seconds. Add carrots and green onions; stir fry 2 minutes more. Remove from heat.
5. Add chicken and remaining ingredients, stirring well.
6. Spoon 3/4 cup mixture into each reserved pepper. Top with reserved pepper slices.
7. Arrange peppers, cut side up, in a 10x6x2" baking dish. Cover and bake 350 deg F for 30 minutes or until thoroughly heated.

Chinese Clay-Pot Beef

(Simmered in a heavy casserole which takes the place of a Chinese clay plot, this makes a succulent, warming winter dish)

Serves 8 - 10

Ingredients:

- 1.5 kg/3 lb brisket of beef
- 3 tablespoons oil
- 1 teaspoon salt
- 1 teaspoon Szechuan peppercorns
- 2 teaspoons sugar
- 6 slices fresh ginger
- 4 unpeeled garlic cloves
- 2 tablespoons Chinese rose wine (or substitute sherry)
- 2 whole star anise
- 2 pieces dried tangerine peel
- 8 dried shiitake mushrooms
- 6 spring onions (scallions)
- 2 tablespoons dark soy sauce

Directions:

Bring to the boil some water in a pan large enough to hold the piece of beef. Lower the beef into the boiling water, return to the boil and simmer for 5 minutes. Remove and rinse under cold water and trim off any fat and gristle. Place on a board and with a sharp knife cut the meat into 1.5 cm (1 inch) slices. Heat half the oil in a wok and fry slices of beef to brown both sides. Transfer to casserole or clay pot. Add roasted and ground peppercorns, sugar, ginger, garlic, wine, star anise, and tangerine peel. Cover with lid or foil and place in a large steamer with about 5 cm (2 inch) water. Simmer for 2 hours, replenishing water as required.

Soak mushrooms in 2 cups very hot water for 30 minutes. Squeeze out water. Cut off and discard the mushroom stems and cut caps into quarters. Cut spring onions into short lengths.

Heat a wok and add remaining oil. Fry the spring onions and mushrooms caps for 2 minutes. Then add meat together with any liquid in the bowl. Remove star anise and tangerine peel. Add wine and soy sauce, cover wok, and simmer for 10 minutes.

Serve with steamed rice.

Chinese Cola Pepper Steak

Prep: 15 min, Cook: 30 min.

Ingredients:

- 1 Tbs. plus 1 tsp. oil
- 1 clove garlic, minced
- 1 lb. boneless sirloin steak, or boneless top round, cut into thin strips
- 2/3 cup beef stock
- 2/3 cup green bell pepper, seeded and cut into thin strips
- 2/3 cup celery, thinly sliced
- 2 Tbs. plus 2 tsp. onions, thinly sliced
- 1/2 cup cola type soda pop
- 1-1/4 ripe tomatoes, peeled, cut into wedges
- 1 Tbs. plus 2 tsp. cornstarch
- 2 tsp. soy sauce
- 4 cups hot cooked rice

Directions:

Heat oil in a heavy nonstick skillet or Dutch oven over medium high heat. Sauté meat 5-7 minutes, stirring occasionally until brown. Stir in stock. Cover, reduce heat to low and **simmer** 15 minutes, or until meat is tender. Stir in next 3 ingredients and 1/2 cup soda. Cover and simmer 5 minutes. Do not overcook. Gently stir tomato wedges into meat. Combine cornstarch, remaining soda and soy sauce in a jar with a tight fitting lid. Shake vigorously. Stir mixture into meat and cook about 1 minute, or until thickened. Serve over hot rice.

Per serving: calories 561, fat 14.5g, 24% calories from fat, cholesterol 101mg, protein 40.9g, carbohydrates 63.8g, fiber 2.1g, sugar 6.5g, sodium 385mg, diet points 12.5.

Dietary Exchanges: Milk: 0.0, Vegetable: 0.9, Fruit: 0.0, Bread: 3.2, Lean meat: 0.0, Fat: 2.1, Sugar: 0.3, Very lean meat protein: 4.5

Chinese Crullers

Ingredients:

1 teaspoon salt
3/4 teaspoon alum
1 teaspoon baking soda
3/4 teaspoon ammonium bicarbonate
7/8 cup water
2 cups all purpose flour
8 cups oil for deep-frying

Directions:

Place salt, alum, baking soda, and ammonium bicarbonate in a mixing bowl. Add water and stir until thoroughly dissolved. Add flour. Stir with chopsticks to make the dough soft and smooth.

Knead the dough until it is elastic. Cover and let stand at least 4 hours.

Remove dough and stretch it into a long strip, 1/3-inch thick and 2 inches wide.

Sprinkle with a little flour.

Using a knife or cleaver, cut dough into 20 strips 1/2-inch wide.

Pick up a strip from the end with a spatula, turn it around and place it directly on top of the next strip (10 pieces).

Lay a chopstick on top of these double strips. Press down. Repeat process with remaining pieces.

Heat oil for deep-frying. Pick up one double strip. Hold the two ends and stretch it until it is 9 inches long.

Drop into hot oil. Turn dough on both sides continuously with chopstick until it is golden brown and expands. Remove and drain. Repeat with other strips.

May be prepared in advance and refrigerated or frozen. Before serving, thaw, if necessary, and reheat in oven at 400 degrees for 5 minutes.

Chinese Dry Marinade

Ingredients:

3 tablespoon Brown sugar
1 1/2 teaspoon Paprika
1 teaspoon Salt
3/4 teaspoon Monosodium glutamate
3/4 teaspoon Ground tumeric
1/4 teaspoon Celery seed
1/4 teaspoon Dry mustard

Directions:

1. Combine ingredients and use for marinade for spare ribs and pork.

Chinese Duck Soup

Prep: 15 min, Marinate: 20 min, Cook: 25 min.

Ingredients:

- 12 small Chinese dried mushrooms
- boiling water
- 1-3/4 lbs. Chinese barbecued duck
- 1 quart plus 2 cups chicken stock
- 1 red bell pepper, seeded and sliced
- 1 Tbs. tamari or soy sauce
- 1 tsp. oyster sauce
- 3 Tbs. dry sherry
- 4 scallions, trimmed and chopped
- 5 ounces canned sliced bamboo shoots, drained

Directions:

Place mushrooms in a bowl and cover with boiling water. **Let stand** 20 minutes. Drain and chop. Remove meat and skin from duck. Chop and set aside. Discard bones. Bring stock to a boil. Add last 6 ingredients and mushrooms and **simmer** 10 minutes, uncovered. Stir in duck meat just before serving and simmer until heated through.

Per serving: calories 493, fat 21.6g, 40% calories from fat, cholesterol 62mg, protein 23.3g, carbohydrates 50.5g, fiber 4.8g, sugar 27.2g, sodium 1818mg, diet points 11.2.

Dietary Exchanges: Milk: 0.0, Vegetable: 1.4, Fruit: 0.0, Bread: 2.4, Lean meat: 2.1, Fat: 3.1, Sugar: 0.0, Very lean meat protein: 0.0

Chinese Greens in Oyster Sauce

Serves 4

Ingredients:

2 tablespoons oyster sauce
2 tablespoons chicken broth
1 tablespoon Chinese rice wine or dry sherry
1/2 teaspoon sugar
1/2 teaspoon sesame oil
about 1 pound Chinese greens*
1 teaspoon salt
1 tablespoon peanut oil

Directions:

1. Combine oyster sauce, chicken broth, rice wine, sugar, and sesame oil in a small saucepan. Bring to a boil, stirring to dissolve sugar. and cook briefly until sauce thickens. Set aside.
2. Wash the vegetables and trim off tough bottoms of stems. Leave stalks whole or cut into 3" lengths.
3. Bring a large pot of water to a boil. Add salt and peanut oil. Add the greens and return to the boil. Turn off the heat and let the pan stand for a minute or two until the greens brighten. Test for doneness: the stalks should be crisp-tender. Drain.
4. Transfer to a serving platter and pour sauce over the greens.
*The author suggests using Chinese broccoli, Chinese flowering cabbage (choy sum), or Shanghai bok choy, but not mustard cabbage.

Chinese Marinated Pork

Prep: 5 min, Marinate: 1:00, Cook: 10 min.

Ingredients:

- 1/4 cup Hoisin sauce
- 1/4 cup barbecue sauce
- 1 orange, juice and zest
- 2 cloves garlic, crushed
- 1 piece fresh ginger root, 1-1/4 inch, grated
- 1 lb. pork tenderloin chops, cut into 1 inch cubes

Directions:

Combine all ingredients, except pork, in a bowl and mix well. Stir in pork and **marinate** 1-2 hours. Remove pork from marinade. Heat a wok or heavy nonstick skillet over medium high heat. Stir-fry pork 7-8 minutes, or until just cooked through.

Per serving: calories 214, fat 5.2g, 23% calories from fat, cholesterol 72mg, protein 26.7g, carbohydrates 13.6g, fiber 1.5g, sugar 5.0g, sodium 437mg, diet points 4.9.

Dietary Exchanges: Milk: 0.0, Vegetable: 0.0, Fruit: 0.3, Bread: 0.0, Lean meat: 0.0, Fat: 0.5, Sugar: 0.2, Very lean meat protein: 3.6

Chinese Noodle Salad

Prep: 10 min, Cook: 10 min.

Ingredients:

- 1/4 cup Oriental sesame oil
- 3 Tbs. soy sauce
- 2 Tbs. balsamic vinegar
- 3/4 lb. Chinese noodles or thin spaghetti
- 4 scallions, chopped
- 1 lb. broccoli, cut into florets

Directions:

Combine first 3 ingredients in a bowl and set aside. **Cook** noodles in boiling salted water until al dente. Drain thoroughly. Stir in scallions and set aside. Place broccoli in a steamer basket over boiling water. Cover saucepan and steam 4-5 minutes or until broccoli is tender. Drain and toss with noodles and sauce.

Per serving: calories 248, fat 14.4g, 50% calories from fat, cholesterol 0mg, protein 5.2g, carbohydrates 27.5g, fiber 4.7g, sugar 4.3g, sodium 723mg, diet points 5.7.

Dietary Exchanges: Milk: 0.0, Vegetable: 1.7, Fruit: 0.0, Bread: 0.9, Lean meat: 0.0, Fat: 2.7, Sugar: 0.0, Very lean meat protein: 0.0

Chinese Pepper Steak

Ingredients:

1 pound flank steak -- diagonally sliced

Marinade:

1/4 cup soy sauce

2 tablespoons dry sherry

1 teaspoon sugar

2 teaspoons cornstarch

1/4 cup water

2 tablespoons oil

4 cloves garlic -- chopped

2 teaspoons ginger root -- peeled, grated

2 scallions -- chopped

2 tablespoons oil

1 large onion

2 green peppers -- sliced

Directions:

1. Marinate steak for 15 minutes or more. Add oil to hot wok.
2. Swirl and stir fry garlic, ginger and scallions for 30 seconds.
3. With slotted spoon, reserving the marinade, add half the steak and stir fry for 3 minutes. Remove and set aside. Repeat with remaining steak.
4. Add oil and stir fry onion and green peppers for 2 minutes.
5. Push vegetables to sides of wok. Add marinade to center of wok and stir until thickened and bubbly.
6. Blend in vegetables, add steak and heat thoroughly.

Chinese Pork with Eggplant

Prep: 10 min, Cook: 30 min.

Ingredients:

- 1 cup chicken stock
- 1 cup water
- 1 cup long grain white rice
- 3/4 lb. eggplant, peeled, cut crosswise into 1/2 inch slices
- 1 Tbs. olive oil
- 1-1/2 lbs. pork tenderloins, trimmed and cut into 1/8 inch strips
- 1/4 cup carrots, shredded
- 1/4 cup canned water chestnuts, drained and chopped
- 1/4 red bell pepper, seeded and diced
- 2 Tbs. rice wine vinegar
- 2 Tbs. scallions, minced
- 2 tsp. soy sauce
- 1 tsp. fresh ginger, peeled and grated
- 1/2 tsp. orange rind, grated
- 1/8 tsp. chili pepper flakes, crushed
- 1 clove garlic, crushed
- 1 tsp. sesame seeds
- 1/4 cup cilantro (optional), chopped

Directions:

Bring chicken stock and water to a boil in a heavy saucepan over high heat. Stir in rice and return to a boil. Reduce heat to low, cover pan tightly and **simmer** 20-25 minutes or until rice is tender and liquid is absorbed. Stand off heat 5 minutes before fluffing with a fork. Set aside and keep warm. While rice is cooking, preheat oven to 350°F. Place eggplant slices in a single layer on a baking sheet. Brush with 1 Tbs. oil. **Bake** 30 minutes, or until eggplant is tender. Transfer to a platter. Cut eggplant into 2 inch pieces. Cover and set aside.

Heat remaining oil in a wok or heavy nonstick skillet over medium high heat. Sauté pork 4 minutes, stirring frequently. Add remaining ingredients, except sesame seeds and cilantro. Cook 1-2 minutes, stirring constantly, until heated throughout. Stir in eggplant and toss. Serve over rice, sprinkled with sesame seeds and chopped cilantro.

Per serving: calories 472, fat 11.3g, 22% calories from fat, cholesterol 108mg, protein 44.3g, carbohydrates 45.9g, fiber 3.5g, sugar 4.7g, sodium 434mg, diet points 10.2.

Dietary Exchanges: Milk: 0.0, Vegetable: 1.5, Fruit: 0.0, Bread: 2.2, Lean meat: 0.2, Fat: 1.4, Sugar: 0.0, Very lean meat protein: 5.5

Chinese Salad

Prep: 15 min.

Ingredients:

- 6 ounces red cabbage, finely shredded
- 2 Chinese cabbage leaves, shredded
- 1/4 lb. bean sprouts
- 2 sticks celery, chopped
- 1 piece of cucumber, 2 inch, cut into strips
- 2 Tbs. salad cream
- 1/4 cup plain yogurt
- 1 tsp. soy sauce
- salt and pepper

Directions:

Place the red cabbage in a bowl and add the Chinese leaves, bean sprouts, celery and cucumber. Mix together the dressing ingredients, with salt and pepper to taste, and add to the vegetables. Mix well and transfer to a serving bowl.

Per serving: calories 59, fat 2.2g, 30% calories from fat, cholesterol 2mg, protein 3.1g, carbohydrates 8.5g, fiber 2.9g, sugar 5.0g, sodium 124mg, diet points 1.3.

Dietary Exchanges: Milk: 0.1, Vegetable: 1.5, Fruit: 0.0, Bread: 0.0, Lean meat: 0.0, Fat: 0.4, Sugar: 0.0, Very lean meat protein: 0.0

Chinese Steamed Fish

Prep: 10 min, Marinate: 30 min, Cook: 10 min.

Ingredients:

- 2 Tbs. lite soy sauce
- 1 Tbs. Oriental sesame oil
- 3/4 tsp. fresh ginger, grated
- 3 Tbs. rice vinegar
- 1/4 cup plus 2 Tbs. orange juice
- 3/4 tsp. orange rind, grated
- 1-1/2 lbs. cod fillets or white fish, about 3/4 inch thick, rinsed with cold water
- 1-1/2 cups mushrooms, sliced
- 4 scallions, cut into 1 inch pieces
- 1-1/2 cups snow peas, cut into 1 inch pieces
- 1-1/2 cups carrots, sliced

Directions:

Combine first 6 ingredients in a nonreactive bowl. **Marinate** 30 minutes. Drain marinade and transfer to a small saucepan over medium high heat. Bring to a simmer and set aside. Arrange fish on a steamer tray. Place tray over boiling water. Cover and steam 2 minutes. Add remaining ingredients and steam another 5 minutes until fish flakes easily and vegetables are crisp-tender. Pour sauce over individual portions just before serving.

Per serving: calories 255, fat 5.2g, 18% calories from fat, cholesterol 73mg, protein 34.9g, carbohydrates 16.8g, fiber 5.5g, sugar 9.0g, sodium 398mg, diet points 4.9.

Dietary Exchanges: Milk: 0.0, Vegetable: 1.8, Fruit: 0.2, Bread: 0.3, Lean meat: 0.0, Fat: 0.7, Sugar: 0.0, Very lean meat protein: 5.1

Chinese-Style Ribs

Prep: 5 min, Marinate: 1:00, Cook: 15 min.

- 1/3 cup plum sauce
- 2-3/4 tsp. barbecue sauce
- 2-3/4 Tbs. orange juice
- 2-3/4 tsp. vegetable oil
- 3/4 2 inch piece fresh ginger, freshly grated
- 2 cloves garlic, crushed
- 1-1/4 tsp. cumin
- 1-1/4 loinback pork ribs, cut into sections

Directions:

Combine plum sauce, barbecue sauce, orange juice, oil, ginger, garlic and cumin. Pour over ribs and allow to **marinate** 1 hour or overnight in the refrigerator.

Barbecue for 12-15 minutes, turning occasionally, until cooked.

Per serving: calories 112, fat 6.2g, 50% calories from fat, cholesterol 12mg, protein 4.4g, carbohydrates 9.5g, fiber 0.3g, sugar 1.7g, sodium 128mg, diet points 3.2.

Dietary Exchanges: Milk: 0.0, Vegetable: 0.0, Fruit: 0.1, Bread: 0.0, Lean meat: 0.6, Fat: 0.8, Sugar: 0.0, Very lean meat protein: 0.0

Chinese Tofu Stir-Fry

Prep: 10 min, Cook: 10 min.

Ingredients:

- 1 Tbs. plus 1 tsp. oil
- 1 clove garlic, crushed
- 13 ounces firm tofu, drained and cut into 3/4 inch cubes
- 4 shallots or green onions, chopped
- 1/4 Chinese cabbage, shredded
- 1 red bell pepper, thinly sliced
- 1 tomato, diced
- 1 Tbs. plus 1 tsp. soy sauce
- 1/4 cup Hoisin sauce
- 1/3 cup plus 3 Tbs. fresh bean sprouts

Directions:

Heat oil in a frying pan over a moderate to high heat. Sauté garlic; add tofu and cook for about 5 minutes, or until crispy. Add shallots or green onion, cabbage, red bell pepper, and tomato to pan; cook 3-4 minutes over high heat. Stir in soy sauce and Hoisin sauce. Top with fresh bean sprouts and serve with rice.

Per serving: calories 173, fat 7.9g, 39% calories from fat, cholesterol 0mg, protein 9.3g, carbohydrates 18.1g, fiber 2.4g, sugar 2.8g, sodium 635mg, diet points 4.2.

Dietary Exchanges: Milk: 0.0, Vegetable: 0.9, Fruit: 0.0, Bread: 0.2, Lean meat: 0.0, Fat: 1.2, Sugar: 0.0, Very lean meat protein: 0.6

Chinese Sponge Cake and Coconut Icing

(In China, cakes are normally steamed rather than baked.)

Sponge Cake

Yield: 1 cake

Ingredients:

1 cup cake or pastry flour
1 tsp baking powder
1/4 tsp salt
4 eggs
1 tsp almond extract
3/4 cup sugar
1/4 cup coconut milk

Directions:

Line the bottom of a cake pan with parchment paper. Prepare a wok for steaming. Place the flour in a medium bowl. Sift in the baking powder and salt and set aside. In a separate bowl, add the sugar to the eggs and beat until they are frothy (about 3 minutes). Stir in the almond extract. Gradually add the flour mix to the egg mixture, stirring. Add the coconut milk. Stir until you have a smooth batter that is thoroughly mixed, but do not beat. Pour the batter into the pan (ideally it should only come 2/3 to 3/4 up the side of the pan). Steam for 30 minutes or until a toothpick comes out clean. Cool and remove from the pan, turning the cake over. Cut the cake into squares or diamond shapes.

Coconut Icing

Yield: 1 cup (takes about 1/4 cup to ice the cake)

Ingredients:

1 cup coconut milk
1/2 cup sugar
2 TB plus 1 tsp pineapple juice
1 TB plus 2 tsp cornstarch

Directions:

In a small bowl, mix the pineapple juice and cornstarch and set aside. In a medium saucepan, bring the coconut milk and sugar to a boil, stirring occasionally. Add the pineapple juice/cornstarch mixture, stirring. Cook for a few minutes on medium-low heat to thicken. Cook for another minute, then remove and use to ice the cake. Chill the cake until the icing stiffens. Refrigerated in a sealed container, the icing will keep for a few days. It can be used again to ice another sponge cake, or as a simple (but sweet!) dessert for one to two people.

Chinese Style Roast Turkey

Serves 8 to 10

Ingredients:

6 tablespoons soy sauce
3 tablespoons sugar
2 tablespoons oyster sauce
2 teaspoons five-spice powder
2 cloves garlic, pressed
1 10-12 pound whole turkey
12 scallions, cut up
several sprigs cilantro

Directions:

Preheat oven to 325 degrees. Combine first 5 ingredients and rub over turkey to coat. Pour remaining sauce into cavity. Add scallions and cilantro. Place turkey in a roasting pan. Roast 20 minutes per pound, until a meat thermometer registers 180 degrees. Let stand 15 minutes before carving.

Chinese Wolf-berries and White Fungus

Ingredients:

1/2 oz (15 g) white fungus (tremella)
1/6 oz (5 g) Chinese wolf-berries
1 egg white, beaten
5/8 cup (150 g) rock sugar or granulated sugar
3 1/2 tbsp (50 g) granulated sugar



Directions:

1. Soak the white fungus in warm water for 1 hour. Rinse, remove the stems, and cut away any discoloured or hard parts. Wash wolf-berries and drain.
2. Bring 8 cups of water to a boil in a large pot. Add the beaten egg white, rock sugar and sugar, stirring constantly. Skim off any foam and continue boiling until the water turns clean. Add the white fungus and wolf-berries and return to a boil. Cover the pot and simmer over low heat for 1 to 1 1/2 hours. Remove and serve.

Note: An early version of this dish dates back to the Tang Dynasty. It used to be served at imperial banquets, and is thought to be a tonic for the eyes and lungs.

Chinese Yams in Spun Syrup

Ingredients:

1 lb (500 g) Chinese yams (or sweet potatoes)
3 cups (750 ml) vegetable oil for deep-frying;
uses about 2 1/2 oz (75 ml)
5/8 cup (150 g) sugar



Directions:

1. Wash, peel and roll-cut the yams into pieces. Soak in boiling hot water and remove immediately.
2. Heat the oil in a wok over medium heat to about 250oF(120oC), or until small bubbles appear around a piece of green leaf tossed into the oil. Add the yams and deep-fry until cooked or brown.
3. Pour all but 2 tbsp of the oil out of the wok. Turn the heat to low and add the sugar, stirring constantly until it dissolves. Cook until the syrup caramelises and turns light brown. Immediately add the yams and remove wok from the heat. Quickly toss the yam pieces so they are well-coated with the syrup, which will spin a thread. Place on a plate and serve immediately. Dip each piece in cold water to cool it enough to eat.

Chinese Yams in Syrup

Ingredients:

1 1/2 lb (750 g) Chinese yams
2 oz (50 g) cucumber, diced
1 1/3 cups (300 g) sugar
2 oz (50 g) haw jelly, diced
2 tsp (50 g) honey
1 tsp sesame oil
1 tsp preserved osmanthus flowers
(optional)



Directions:

1. Wash and peel the yams and cut into 1 inch (26 mm) sections. Set aside.
2. Heat the oil and 3 1/2 tsp (50 g) sugar in a wok over a low fire, stirring until melts into a yellow syrup. Stir in the yam sections. Add 3 cups (750 ml) of water, the remaining 1 cup (250 g) sugar, the honey and the osmanthus flowers. Simmer over low heat until the yam is very tender and the syrup thickens. Place in a dish, sprinkle with the haw jelly and cucumber dice, and serve.

Clam Sycee

(This dish originated in Shanghai, on the coast of eastern China. It is very popular during Chinese New Year)

Serves 4 to 6

Ingredients:

2 dozen clams
water for steaming
1 tablespoon sherry
1 green onion, cut on the diagonal into thirds
1 slice ginger
3/4 pound ground pork
1 tablespoon sherry
1 tablespoon light soy sauce
salt to taste (less than a teaspoon)
1 tablespoon cornstarch

Mixture:

1 tablespoon cornstarch, dissolved in 2 tablespoons water

Sauce:

2 tablespoons light soy sauce
1 cup chicken stock
1 teaspoon sugar

oil for stir-frying or deep-frying

Directions:

1. Scrub the outside of the clams with a brush. Soak the clams for about 15 - 20 minutes, then wash under running water to remove any sand. Drain.
2. Place the drained clams in a bowl and add the ginger, green onion, and sherry. Steam the clams until the shells open (about 10 minutes). While the clams are steaming, mix together the cornstarch/water mixture into a paste, and combine the sauce ingredients. When the clams are finished steaming, shell them, setting the shells aside for later. Mince the clams and mix together with the ground pork.
3. Place the pork/clam mixture in a bowl and use chopsticks to mix in 1 tablespoon sherry, 1 tablespoon light soy sauce, 1 tablespoon cornstarch, and salt to taste.
4. Stuff this mixture into the clam half-shells. Give the cornstarch/water mixture a quick re-stir and rub this paste over the mixture. Save any extra.
5. At this point you can either stir-fry or deep-fry the clams. If deep-frying, be careful to deep-fry only a few clams at a time, meat side up, sliding them carefully into the wok so that the oil doesn't splatter. Deep-fry until golden in color and drain on paper towels or a tempura rack if you have one. If stir-frying, place the clams in meat side down and stir-fry until golden. Do not remove from the wok.
6. Lower the heat and add the sauce ingredients to the wok. Bring to a boil. If deep-frying add the clams back to the wok. Allow to simmer for about 20 minutes. Use the remaining cornstarch/water mixture to thicken the liquid. Stuff clam shells with this mixture. Smooth tops with dissolved cornstarch.
7. Heat oil in wok. Fry clams meat side down until light brown. Add stock, 2 tablespoons soy sauce, and sugar. Cover. Cook 20 minutes. Thicken liquid with remaining dissolved cornstarch.

Clear Prawn Soup with Lemongrass

Serves 4

Ingredients:

1/2 liter chicken stock
12 prawns, peeled and cleaned
2 stalks lemongrass, thinly sliced
40 grams galangal root, thinly sliced
4 kaffirlime leaves
2 tomatoes, diced
5 bird chilies, crushed
100 grams straw mushrooms, quartered
3 tablespoons fish sauce
3 tablespoons lime juice
1 tablespoon chili paste in oil
10 grams coriander leaves

Directions:

Bring the chicken stock to a boil, add the lemongrass, kaffirlime leaves, and mushrooms, and boil for approximately 3 minutes.
Add chili paste, chilies, tomatoes, and prawns and simmer on low heat.
Season with fish sauce and lime juice to your liking. Sprinkle coriander on top and serve with steamed rice.

Chef's Tip:

If no straw mushrooms are available, fresh champignons can be used as a substitute
Tom yam can also be made with fish or seafood
For vegetarian tom yam, add tofu and season with white soy sauce instead of fish sauce

Coconut Ice Cream

This dessert has no dairy products, but the coconut milk and young coconut give it such a rich taste that everybody just calls it "ice cream"

Serves 4 to 6 as a side dish, or 2 as a one-dish meal

Ingredients:

1 pound frozen shredded young coconut, defrosted and drained
2 cans (19 ounces each) unsweetened coconut milk
3/4 cup superfine sugar or granulated sugar
1/3 cup chopped canned jackfruit, or any fresh or canned tropical fruit, or fresh corn kernels
Toasted Coconut or roasted unsalted peanuts (optional)

Directions:

In a large mixing bowl, combine the young coconut, coconut milk, and sugar. Stir until the sugar is dissolved and blended. Add the fruit or corn kernels and mix well. Cover and chill until cold.

Freeze the mixture in an ice-cream maker, following the manufacturer's instructions. Before serving, temper the ice cream in the refrigerator until it is no longer icy-hard and becomes smooth and easy to scoop.

Scoop the ice cream into dessert bowls and top with toasted coconut or peanuts, if desired.

Cold Noodles with Sesame Sauce

Serves 4

Ingredients:

2 tablespoons sesame seeds
1 teaspoon Sichuan flower pepper (Sichuan peppercorn)
1/4 cup peanut butter
2 tablespoons sesame oil
2 tablespoons soy sauce
1 tablespoon sherry
2 teaspoons rice vinegar
2 teaspoons sugar
2 teaspoons honey
1 clove garlic, minced
1 teaspoon minced ginger
1/2 teaspoon or more chili oil, to taste
about 2 tablespoons brewed black tea
about 12 ounces fresh Chinese egg noodles
1 cup shredded cooked chicken (optional)
1 cucumber, seeded and cut julienne
1 scallion, minced

Directions:

Place sesame seeds in a dry skillet and toast over low heat, shaking the skillet, until beginning to brown. Remove. Grind to a powder in a spice grinder or with a mortar and pestle. Separately, toast Sichuan peppercorns in a dry skillet until fragrant. Remove and grind.

Combine peanut butter with next 9 ingredients, sesame seeds, and Sichuan peppercorns, diluting with enough tea to make a smooth sauce.

Cook noodles in boiling water 2-3 minutes, until al dente. Drain, rinse under cold water to chill, and drain again.

Arrange noodles on a platter. Arrange chicken and cucumber on top. Top with sauce. Sprinkle with scallions. Toss at the table.

Crab Rangoon

Yield: 48

Ingredients:

8 ounces cream cheese
8 ounces fresh crab meat or canned crab meat, drained and flaked
1 teaspoon red onion, chopped
1/2 teaspoon Lea & Perrins Worcestershire sauce
1/2 teaspoon light soy sauce
freshly ground black pepper, to taste
1 green onion, finely sliced
1 large clove garlic, smashed, peeled, and finely minced
1 package won ton wrappers
1 small bowl water
Oil for deep-frying

Directions:

Combine the crab and the cream cheese. Mix in the remaining filling ingredients one at a time.

On a flat surface, lay out a won ton wrapper in front of you so that it forms a diamond shape. Wet the edges of the won ton.

Add about 1 teaspoon of filling to the middle, and spread it out toward the left and right points of the diamond so that it forms a log or rectangular shape (otherwise the wrapper may break in the middle during deep-frying).

Fold over the edges of the wrapper to make a triangle. Wet the edges with water and press together to seal.

Keep the completed Crab Rangoon covered with a damp towel or paper towel to keep them from drying out while preparing the remainder.

Heat wok and add oil for deep-frying. When oil is ready (the temperature should be between 360 - 375 degrees), carefully slide in the Crab Rangoon, taking care not to overcrowd the wok. Deep-fry until they are golden brown, about 3 minutes, turning once. Remove with a slotted spoon and drain on paper towels.

(To make ahead of time, prepare the filling and stuff the won tons and freeze. Make sure the wontons are completed thawed before deep-frying).

Crabmeat Ragoon

Ingredients:

1/2 pound of canned crabmeat
1/2 teaspoon A-1 Steak Sauce
1 egg yolk, beaten
1/4 teaspoon garlic powder
1 8-ounce package cream cheese, room temperature
3 dozen wonton wrappers

Directions:

Combine crabmeat, steak sauce, egg yolk, garlic powder and cream cheese until it forms a pastelike consistency. Place rounded spoonful of mixture in center of each wrapper. Bring 4 corners together and pinch to seal. Deep-fry at 375 degrees until golden brown. Serve with Sweet and Sour Sauce. Leftovers keep for only a day.

Crab Puffs - Crab Rangoon

Ingredients:

1/2 pound cooked crab meat or smoked salmon, lightly flaked
1 teaspoon green onion, finely-minced
1/4 pound cream cheese (at room temperature)
1/2 teaspoon steak sauce
1/2 teaspoon garlic powder or 2 cloves minced garlic
1 pound won ton wrappers
1 beaten egg or 2 egg whites
3 cups vegetable oil

Directions:

Combine crab meat or smoked salmon, green onion, cream cheese, steak sauce, and garlic. Place 1/2 teaspoon of mixture in center of won ton wrapper; fold square over to form triangle. Lightly brush the center with the beaten egg. Bring opposite corners together and press gently, so filling will be secure. Place oil in wok and heat to 375 degrees for deep-frying. Deep-fry one crab or salmon puff and adjust heat downwards if necessary. Fry rest of puffs until delicately brown, less than two minutes. Serve hot.

Cream Corn Soup

Made with homemade chicken broth, this is a "thin" soup, designed to take the place of a beverage at the dinner table. You can thicken it by mixing in two eggs or two egg whites before serving.

Ingredients:

5 - 6 cups chicken stock (see my [How to Make Chicken Stock](#))
1 can creamed corn
4 ounces chicken meat (optional)*
1 chopped green onion**
Salt - to taste***

Directions:

Prepare chicken stock. If not using the stock immediately, let cool, and then store in a plastic container in the refrigerator or the freezer.

Bring stock to a boil. Add 4 tablespoons of water to the chicken meat (if it is being used) and mix well. Stir the creamed corn and chicken meat into the soup. You will know the chicken is cooked when the meat turns white. Add salt to taste and bring the soup to a boil again. Remove the soup from the heat, and add green onions. If desired, add 2 eggs or egg whites.

Variations:

* You can substitute other meat, such as ham.

**If you are preparing the soup for someone who is ill, try adding a couple of slices of ginger. Among its many benefits, ginger is believed to be helpful in treating colds and flue.

***For added flavor, drizzle with sesame oil just before serving.

Creamy Baihe

Ingredients:

14 oz (400 g) fresh Baihe, a plant related to the lily family; the dried white petals are eaten
7 oz (200 ml) milk
5 tbsp (75 g) sugar
2 tsp sesame oil
2 tbsp cornstarch (corn-flour) dissolved in 2 tbsp water



Directions:

1. Break the flower petals off the stems and wash. Blanch the petals twice in boiling water and drain.
2. Pour the milk into a wok and add the sugar, sesame oil, flower petals, and cornstarch. Heat the wok, bring to a boil and stir for several times and remove. The cooking must be done quickly and carefully to prevent the dish from sticking to the wok.

Creamy Curried Chicken

Ingredients:

- 1 1/2 lb. (750g) chicken, whole or pieces
- 1 tbsp fresh ginger, chopped
- 2 medium potatoes, about 9 oz (250g), peeled
- 7 tbsp (100g) onions, chopped
- 4 cups (1 litre) vegetable oil for deep-frying
- 2 tbsp curry oil
- 2 cups (500ml) chicken stock
- 3 tbsp flour
- 1 1/2 tsp. salt, or to taste
- 2 1/2 fl oz coconut milk
- 4 1/2 tsp. sugar
- 3 1/2 fl oz (100 ml) milk
- 3 dried hot red chili (chilli) peppers, seeded and chopped
- 1/4 tsp. MSG (optional)



Directions:

1. Wash the chicken and chop into 1 1/2 inch (4cm) pieces. Roll-cut the potatoes into pieces the same size.
2. Heat the oil in a wok to 350°F (180°C), or very hot. Add the chicken and deep-fry until cooked. Remove, drain, set aside. Deep-fry the potatoes until cooked through but not browned, remove, drain well, and set aside. Pour the hot oil out of the wok leaving only enough to cover the bottom. Add the rice wine, chicken stock, salt, sugar, MSG (optional), potatoes and chicken and let come to a boil.
3. In the meantime, heat 5 oz (150ml) of oil in another wok, and add the hot chili peppers, ginger, onion, and curry oil. Stir-fry until fragrant, then pour into the other wok.
4. Put the potato and chicken pieces in a large heat-proof bowl, cover with the stock, and place in a steamer to steam until the chicken is very tender.
5. Heat 1 tbsp oil in the wok and stir in the flour to make a paste, taking care not to burn it.
6. Place the potatoes in a serving dish. Arrange the chicken pieces on top. Strain the stock and discard the solids. Add the coconut milk and milk to the stock. Add the flour paste to the stock and simmer, stirring until thickened and the flour loses its raw taste. Pour over chicken and serve.

Creamy Tomatoes

Ingredients:

9 oz (250 g) tomatoes
3 1/2 fl oz (100 ml) milk
2 tsp salt, or to taste
2 tbsp cornstarch (cornflour)
2 tsp melted chicken fat
1/4 tsp MSG



Directions:

1. Blanch the tomatoes in boiling water for 30 seconds. Cut in half, squeeze out the seeds, and peel. Cut into six thin slices each and set aside.
2. Mix the milk, MSG, salt, and cornflour into a thick sauce.
3. Bring 5 oz (150 ml) of water to a boil in a pot or wok. Add the tomato slices and the sauce. Cook, stirring, until the sauce thickens. Sprinkle with the chicken fat and serve.

Crisp-Fried Duck

Ingredients:

1 duck, about 5 1/2 lb. (2,500g)
5 tsp. scallions, shredded
4 tbsp rice wine
1 tbsp fresh ginger, shredded
3 1/2 fl oz (100ml) soy sauce
1/2 tsp. ground clove
1/2 tsp. salt, or to taste
1/2 tsp. ground cinnamon
5 tsp. ground Sichuan peppercorn
10 cups (2,500 ml) vegetable oil for deep-frying; uses about 5 oz (150ml)
1 tsp. ground star anise
2 tbsp spiced pepper-salt
2 tbsp sweet bean sauce (fermented flour sauce)



Directions:

1. Wash the duck. Mix together the rice wine, soy sauce, salt, ground peppercorns, ground star anise, sweet bean sauce, scallions, ginger, ground clove, and cinnamon. Rub duck with the mixture inside and out and let marinate for 4 hours.
2. Place the duck in a heat-proof dish and steam in a steamer over high heat for 4 hours, replenishing water as needed. Remove the duck and drain.
3. Heat the oil in a wok over high heat to 400oF (200oC), or until a piece of scallion green or ginger browns quickly when tossed into the oil or a haze appears above the oil surface. Carefully add the duck, breast-side down, add deep-fry until brown. Carefully turn duck over and deep-fry the other side until brown. Remove , drain thoroughly, and chop into 1 1/2 inch (4 cm) pieces. Serve with the spiced pepper-salt as a dip.

Crisp-fried Gow Gees

Makes 20

Ingredients:

6 Chinese dried mushrooms
4 ounces (125 g) jumbo shrimp (prawns) peeled, deveined, finely chopped
8 ounces (250 g) ground (minced) pork
1/2 cup (4 oz/125 g) finely chopped, drained canned bamboo shoots
6 scallions (spring onions), finely chopped
1 clove garlic, finely chopped
2 teaspoons sesame oil
3 teaspoons soy sauce
2 teaspoons rice wine
20 round wonton wrappers
4 cups (32 fl oz/1 L) vegetable oil for deep-frying

Directions:

Reconstitute mushrooms: Soak them in warm water for 15 - 20 minutes. Chop into fine pieces, discarding the stems.

While the mushrooms are soaking, prepare the other vegetables.

In a bowl, combine the mushrooms with ingredients 2 through 9, mixing them together thoroughly.

Place the wonton wrappers on a work surface. Take a wrapper and place about 2 teaspoons of filling in the middle. Brush the edges of the wrapper with water and fold in half, pinching the edges together firmly.

Repeat with the remaining wrappers.

Heat wok and add oil for deep-frying. When the oil is ready (375 degrees Celsius) add the gow gee and fry on both sides until they are golden. (If the oil is too hot the gow gees will brown before the filling is cooked through). Use a slotted spoon to remove the gow gees from the oil. Drain on paper towels. Serve hot with soy sauce, sweet and sour sauce, or chili sauce.

Crisp-Fried Mutton

Ingredients:

oz(250g) raw mutton, minced
1/2 tsp. ginger, chopped
9 oz (250g) cooked mutton, minced
1/4 tsp. sesame oil
2 eggs, lightly beaten
4 tsp. cornstarch (cornflour)
2 tsp. salt
2 cups (500ml) vegetable oil for deep-frying
2 tsp. soy sauce
spiced pepper-salt
1/2 tsp. scallions, chopped
1/4 tsp. MSG(optional)



Directions:

1. Mix together the minced mutton, eggs, salt, soy sauce, scallions, ginger, sesame oil, MSG(optional), and cornstarch. Stir vigorously in one direction for 2 minutes, or until stiff. Shape into oval balls and roll in cornstarch. Flatten the balls slightly and make criss-cross marks on top.
2. Heat the oil in a wok to about 350oF(175oC), or until a piece of scallion green or ginger sizzles and moves about rapidly when dropped into the oil. Add the mutton balls and deep-fry until brown. Remove, drain, and cut into strips. Sprinkle with the spiced pepper-salt and serve.

Crossing-the-Bridge Noodles

Ingredients:

9 oz (250 g) very fine Chinese egg noodles
1 oz (25 g) spinach or rape
2 oz (50 g) boneless chicken breast
2 oz (50 g) fish filet, skinned
2 oz (50 g) shrimps or prawns, shelled
1/2 tsp rice wine
1/8 tsp fresh ginger, chopped
1/8 tsp salt, or to taste
1/8 tsp soy sauce
6 cups (1,500 ml) chicken broth
5 tbsp chicken fat
1/2 tsp MSG



Directions:

Blanch the spinach or rape briefly in boiling water, drain, and set aside. Mix the rice wine, ginger, 1/8 tsp of the salt, and the soy sauce into a marinade. Slice the chicken, fish, and prawns paper-thin. Spread out on a serving platter and add the marinade. Let stand.

Heat a pot of water to boiling and add the noodles. Bring back to a boil and cook uncovered until they are soft, about 4 minutes for dried noodles and 2 minutes for fresh ones. Drain in a colander and lay the vegetable on top.

Bring the chicken broth to a boil in a saucepan and add the MSG, the remaining 1/2 tsp of salt, and the chicken fat. Bring to a fast boil for 1 minute. Transfer to a tureen and bring to the table with the platter of meats and the colander of noodles.

Pour the meat and noodles into the boiling hot broth. They will cook instantly. Stir and serve in individual bowls.

Note: The noodles poured from one bowl to another bowl of boiling hot broth is like a bridge. Hence the name of the dish.

Crunchy Stir-fried Kelp

Ingredients:

5 oz (150 g) dried broad-leafed kelp, soaked
8 tsp flour mixed with 4 tsp water
2 cups (500 ml) vegetable oil for deep-frying;
uses about 2 1/2 oz (75 ml)
2 tsp soy sauce
1 tsp salt, or to taste
1 tbsp sugar
1 tbsp vinegar
1 tsp rice wine
1 tbsp garlic mash
1 tsp cornstarch (cornflour) dissolved in 1
tbsp water
1 tsp sesame oil



Directions:

1. Cut the kelp diagonally into slices. Coat with the flour batter.
2. Heat the oil in wok to about 350°F(175°C), or until a piece of scallion green or ginger sizzles when tossed into the oil. Add the kelp and deep-fry until the batter hardens. Remove and drain. Heat the oil to 400°F(205°C), or until a scallion leaf browns quickly and a haze appears above the oil surface. Add the kelp and deep-fry until brown. Remove and drain well.
3. Pour all but 1 tbsp of the oil out of the wok. Heat until the oil surface ripples. Add the soy sauce, salt, sugar, vinegar, rice wine, and mashed garlic. Add the cornstarch mixture and the kelp. Cook, stirring, until the sauce thickens slightly. Add the sesame oil, remove, and serve.

Crystalline Walnut Halves

Serves 8

Ingredients:

8 perfect walnut halves
1/2 cup sugar
3 tablespoons water
2 teaspoons light corn syrup

Directions:

Put the sugar, water, and corn syrup in a small, heavy saucepan with a silver-coloured interior (so you can watch the mixture darkening as it caramelizes). Set over medium-high heat, stir several times to dissolve the sugar, then bring the mixture to a boil without stirring.

When the thickly boiling mixture turns brown at the edges, swirl the pan gently to even it. Just before it becomes a nutty brown, remove the pan from the heat (the mixture will continue to darken a bit from the heat of the pan). Let the mixture cool somewhat, until it stops boiling and thickens darkly.

One by one, spear the walnut halves with a toothpick and dunk them into the hot caramel, swirling the nut on the pick to coat it evenly. Remove to lightly greased wax paper or parchment paper to cool. Repeat until all the nuts are glazed.

When the nuts are thoroughly cool, transfer them to a wax paper or parchment paper-lined airtight tin. Left at room temperature, they will keep up to one week.

Curried Beef

Ingredients:

14oz (400g) lean boneless beef
2 tsp. rice wine
3 cups (750ml) vegetable oil for deep-frying;
uses about 2 1/2 oz (75cml)
2 oz (60ml) clear stock
2 tbsp curry oil
1/4 tsp. salt, or to taste
1/4 tsp. ginger, chopped
1/2 tsp. sugar
1/4 tsp. garlic, chopped
1 tsp. cornstarch (cornflour) dissolved in 1
tsp. water
1/4 tsp. onion, chopped
1/4 tsp. hot red chili(chilli) pepper, chopped



Directions:

1. Cut beef into 1-inch square chunks.
2. Heat the oil in a wok over low heat to very hot, 350oF (180oC). Deep-fry the beef until it is cooked through. Remove beef, drain, and set aside.
3. Pour the oil out of the wok, leaving a thin film on the bottom. Reheat until a haze appears on the oil surface. Add the curry oil, ginger, garlic, onion, chili pepper, rice wine, stock, salt, MSG (optional) and sugar. Stir the cornstarch to blend and add. Add the beef, stir-fry for 2 minutes, or until the sauce is thickened. Sprinkle with sesame oil and serve.

Curry Chicken in Clay Pot

(Clay pot cooking is very popular in China, as clay pots retain heat and can go straight from the oven to the dinner table. This recipe for curry chicken is very adaptable - feel free to substitute canned tomatoes or adjust the amount of curry according to taste.)

Ingredients:

- 1 pound skinless, boneless chicken thighs
- 1/4 teaspoon salt
- 1/8 teaspoon white pepper
- 1 teaspoon finely chopped fresh ginger
- 1 tablespoon cornstarch
- 6 small new red potatoes, cut into 1/2-inch slices
- 1 small carrot, peeled and cut into 1/4-inch slices
- 2 tablespoons vegetable oil
- 2 teaspoons minced garlic
- 1 medium onion, thinly sliced
- 2 tablespoons curry powder
- 1 medium potato, cut into 1/2-inch wedges
- 1 tablespoon soy sauce
- 1 teaspoon sugar
- 1 green onion, with top, cut into 1-inch pieces

Directions:

Preheat the oven to 400 degrees F. Place a 2-quart clay pot or heavy casserole with a cover in the oven to heat.

Trim the fat from the chicken and cut the chicken into 1-inch cubes. In a bowl, combine the salt, pepper, ginger, and cornstarch. Toss the chicken with the cornstarch mixture and set aside.

Bring 2 cups water to a boil in a saucepan over high heat. Add the potatoes and carrot, cover, and cook 2 minutes. Drain and set aside.

Heat a nonstick skillet or wok over high heat until hot. Add the vegetable oil and the chicken; stir and cook until lightly browned, about 1 minute. Add the garlic, onion, curry powder, and tomato and stir-fry 1 minute. Add the potatoes, carrot, soy sauce, and sugar and continue to stir until well mixed. Turn off the heat and transfer the mixture to the preheated clay pot. Cover the clay pot and return to the preheated oven for 15 to 20 minutes. Serve hot.

To hold the finished dish, turn the oven off and keep warm until ready to serve. Stir in the green onion just before serving.

Curry Chicken with Rice

Serve 4 to 6

Ingredients:

1 lb skinless chicken breasts
1 potato
1 onion
1 slice ginger, minced
1 clove garlic, minced
1 stalk green onion, minced
2 tablespoons curry powder

Sauce:

3/4 cup water or chicken broth
1 teaspoon sugar
Salt and pepper to taste
about 3/4 tablespoon cornstarch to thicken

Directions:

Chop the chicken into 1 1/2 inch pieces. Cut the potato and onion into pieces about the same size as the chicken.

Heat wok and add oil. Stir-fry the onion, ginger, garlic, green onion, and curry powder. Stir-fry until the curry odor is strong (about 2 minutes). Add the chicken and potato and stir-fry for about 5 minutes to coat the chicken with the curry.

Add the chicken broth, sugar, salt, and pepper, cover, and simmer over low heat for about 15 - 20 minutes, making sure the chicken is cooked. Use a slotted spoon to remove the chicken, potato, and onion. Check the sauce and adjust seasoning as required. Add the cornstarch, bring the sauce to a boil, and stir to thicken. Check the sauce and adjust seasoning as required. Serve hot over [rice](#).

Variations

Traditionally, the dish is made with a whole cut up chicken, with the bones left in.

Nutritional Breakdown per serving (based on 4 servings, with chicken broth): 285 calories (kcal); 16 g Total Fat (24 percent calories from fat); 23 g Protein; 13 g Carbohydrate; 53 mg Cholesterol; 341 mg Sodium; 2g Fiber. Note: Using chicken broth instead of water in the sauce makes little difference to the calorie count, but it does raise the sodium level by nearly 150 mg.

Deep-Fried Bean Curd

Ingredients:

14 oz (400 g) fresh bean curd (tofu)
1/4 tsp scallions, chopped
1/4 fresh ginger, chopped
1 tbsp salt, or to taste
1 tsp rice wine
3 cups (750 ml) vegetable oil for deep-frying; uses
about 3 1/2 oz (100 ml)
2 tbsp (30 g) flour
2 eggs
1/4 tsp MSG



Directions:

1. Cut the bean curd into 1/4 inch (6 mm) diamonds. Spread on a dish sprinkle with the scallions, ginger, MSG, salt, and rice wine. Let marinate. Beat the eggs.
2. Heat the oil in a wok to about 210°F(100°C), or until small bubbles just appear around a piece of scallion green or ginger when tossed into the oil. Dip the bean curd into the flour and then into the egg. Add to the oil a few pieces at a time. Deep-fry until brown. Remove and drain well. Place in a dish. Garnish with cooked green leaves and serve.

Deep-Fried Beef or Mutton Rolls

Ingredients:

1 lb. (500g) lean boneless beef or mutton
3 tsp. flour
4 tsp. salt
3 dried bean-curd sheets
1/4 tsp. ground Sichuan peppercorns
2 cups (500ml) vegetable oil for deep-frying
1/2 tsp. scallions, chopped
1/4 tsp. spiced pepper-salt
1/2 tsp. fresh ginger, chopped
1/4 tsp. MSG (optional)
2 tsp. cornstarch (cornflour)



Directions:

1. For the filling, mince the meat and mix with the salt, ground peppercorns, scallions, ginger, 1/4 tsp. of the cornstarch, the MSG(optional) and enough water to bind the ingredients together. Set aside.
2. Mix the other 1/4 tsp. of cornstarch with the flour and enough water to make a thick paste.
3. Soak the bean-curd sheets in warm water until soft. Take 1 sheet and spread the paste on the upper surface. Spread 1/3 of the meat filling lengthwise down the centre, leaving room at the bottom and on both sides. Fold up the bottom flap and start rolling. Midway, fold the two side flaps towards the centre. Continue rolling . Seal the open end with a dab of flour paste. Repeat with the other two rolls.
4. Place the rolls on a heat-proof and place in a steamer. Steam until the meat is cooked. Remove the rolls. Wrap each tightly in a piece of clean cheesecloth. Let stand until cool, then unwrap and cut crosswise into 1-inch or 30mm long sections.
5. Heat the oil in a wok over medium heat to 400oF, or until a piece of scallion green or ginger quickly turns brown when tossed into the oil and a haze appears above the surface. Add the rolls and deep-fry until radish-brown. Remove and drain well. Sprinkle with the spiced pepper-salt and serve.

Deep-Fried Carrot Floss

Ingredients:

1 lb (500 g) carrots
4 cups (1 litre) vegetable oil for deep-frying; uses
about 3 1/2 oz (100 ml)
6 1/2 tbsp (100 g) sugar



Directions:

1. Wash and shred the carrots.
2. Heat the oil in a wok to about 340oF(170oC), or until a piece of scallion green or ginger sizzles and moves around when tossed into the oil. Add the carrot shreds and deep-fry until they turn reddish-yellow. Remove and drain. Sprinkle with the sugar, and serve.

Deep-Fried Crisp Peanuts

Ingredients:

1 lb (500 g) peanuts, shelled
2 tsp salt, or to taste
2 eggs
1 1/3 cups (200 g) cornstarch (cornflour)
4 cups (1 litre) vegetable oil; uses about 3 1/2 fl oz (100 ml)



Directions:

1. Place the peanuts in a sieve or colander and pour boiling water over them, stirring constantly. Then marinate in a bowl with 1 tsp salt.
2. Mix the eggs into a batter with the remaining cornstarch, shaking the bowl to separate the peanuts.
3. Heat the oil in a wok about 230oF(110o)

Deep-Fried Dough Sticks

Ingredients:

3 1/2 cups (500 g) flour, sifted
4 cups (1,000 ml) vegetable oil for deep-frying
1 tsp salt, or to taste
1/4 oz (7 g) baking soda
1/2 oz (15 g) alum



Directions:

1. Dissolve the salt, baking soda and alum in 11 oz (325 ml) of water. Mix the water and flour into a dough. Let stand for 15 minutes, then dampen your hands and knead until the dough is smooth and elastic.
2. Place the dough on an oiled surface and roll into a long strip. Cut into 30 short strips of about 1 oz in weight. Press two strips together and roll them lengthwise. Pull the batter sticks until they are 10 inches (24 cm) long.
3. Heat the oil to 400oF(205oC), or until a piece of day-old bread browns in about 30 seconds. Add the dough sticks, a few at a time, and deep-fry, stirring constantly, until brown. Drain well and serve warm with milk or bean milk.

Deep-Fried Fresh Ham

Ingredients:

1 lb.(500g) fresh boneless uncured ham
1/2 tsp. salt, or to taste
5 tbsp soy sauce
8 cups (2 litres) vegetable oil for deep-frying; uses
about 3 1/2 oz (100ml)
3 oz (100g) scallions, chopped
3 oz whole scallions
a thumb-sized ginger, crushed
1/4 tsp. ground Sichuan peppercorn
3 1/2 tbsp rice wine
1/4 tbsp (100g) sweet fermented flour paste or sweet
bean sauce
7 tbsp (100g) cornstarch (cornflour)
one egg, beaten



Directions:

1. Boil the ham in water to cover until the colour changes from pink to white. Remove, drain and rinse in cold water. Cut into 13 slices and stack in a large, heat-proof bowl in the ham's original shape.
2. Blend together 3 tbsp of the soy sauce, the chopped scallions, ginger, and 2 1/2 tbsp of the rice wine and pour over the ham. Place in a steamer and steam for 1 hour. Remove the ham, drain, and set aside.
3. Mix together the cornstarch, egg, salt, and the remaining 1 tbsp of rice wine and 2 tbsp of soy sauce into a batter. Coat the ham thoroughly on all sides with the batter.
4. Heat the oil in wok to very hot, about 375oF (190oC), or until a piece of scallion green or ginger sizzles noisily and quickly turns brown when tossed into the oil. Turn the heat down and carefully add the ham without letting it fall apart. Deep-fry until the exterior browns. Turn heat to low. When the oil no longer sizzles and bubbles, remove the ham and drain well. Then cut the slices apart and place them on a dish in a "U" shape. Sprinkle with the ground peppercorns.
5. Cut the scallions into 2 inch sections and arrange them along one side of the meat. Spread the sweet bean sauced along the other side as a dip.

Deep-Fried Fresh Shrimps

Ingredients:

- 1 lb. (500g) fresh or frozen shrimps
- 2 tsp. salt, or to taste
- 3 1/2 oz (100g) flour
- 2 cups (500ml) vegetable oil for deep-frying



Directions:

1. Shell and devein the shrimps and wash well. Drain and sprinkle with the salt. Let marinate for 15 minutes. Mix the shrimps with the flour until well coated.
2. Heat the oil in a wok to about 350oF (175oC), or until a piece of scallion green or ginger sizzles and moves about when drooped into the oil. Add the shrimps and deep-fry until browned. Removed, drain well, and serve.

Deep-Fried Mandarin Fish

Ingredients:



1 whole mandarin fish, about 3 1/2 lb (1,500 g) or other whole freshwater fish such as perch, bass
4 tsp. Worcestershire sauce
2 tsp. scallion, chopped
7 tsp. sugar
2 tsp. ginger, sliced
5 fl oz (150ml) chicken stock
1 tsp. rice wine
4 cups (1 litre) vegetable oil for deep-frying ; uses about 5 oz (150ml)
5 tsp. salt, or to taste
1 tbsp garlic, chopped
1/8 tsp. pepper
1 oz (25g) pineapple, diced
1/4 tsp. sesame oil
1 oz (25g) green beans or pea pods, diced
2 tbsp cornstarch (cornflour) dissolved in 2 tbsp water
1 oz (25g) carrot, diced
8 tbsp dry cornstarch
4 cups (1,000ml) vegetable oil , consumes about 5 fl oz or 150ml
4 tbsp ketchup
1 tsp. MSG(optional)

Directions:

1. Prepare and wash the fish. Chop off the head and tail. Cut the fish in half along the spine and remove the spine and rib bones. Make criss-cross scores on the flesh side and cut into 1 1/2 inch (4cm) square pieces.
2. Mix together the scallions, ginger, rice wine, 1/2 tsp. MSG(optional), 4 3/4 tsp. of the salt, the pepper, and the sesame oil, and rub on the sides of the fish. Dip the fish pieces, head, and tail into the dissolved cornstarch and dust with the dry cornstarch.
3. Mix the ketchup, Worcestershire sauce, 1/4 tsp. of the salt, 1/2 tsp. of the MSG (optional) , sesame oil, chicken stock and 1 tsp. of the dissolved cornflour into a sauce. Set aside.
4. Heat the oil in a wok to about 350oF (180oC)). Deep-fry the fish head and tail for 2 minutes. Remove and place on the narrow sides of an oval fish dish. Add the fish pieces to the oil and deep-fry for 2 minutes, or until cooked. Remove, drain, and place in the dish.
5. Heat 4 tbsp oil in another wok until the oil surface ripples. Add the garlic and 1 tbsp scallions and stir-fry until fragrant. Add the pineapple, green beans or pea pods, and carrot. Add the sauce and bring to a boil. Stir in 7 tbsp of the hot oil used for deep-frying. When the sauce bubbles, pour it over the fish, and serve.

Deep-Fried Mutton

Ingredients:

1 oz (200g) cooked mutton
3 tbsp flour
2 tsp. salt water
1 tbsp cornstarch (cornflour)
2 tsp. rice wine
2 cups (500ml) vegetable oil
1 1/2 beaten eggs
Spiced pepper-salt for the dip



Directions:

1. Cut the mutton into 3/4 inch (2cm) chunks. Mix with the salt water and rice wine and let marinate for several hours. Remove and dry.
2. Mix the beaten egg, flour, cornflour and enough salt water to make a batter. Stir in 1 tbsp of the oil. Coat mutton chunks with the batter.
3. Heat the remaining oil in a wok over high heat to very hot, about 350°F (180°C). Add the mutton chunks and deep-fry until brown. Remove and drain. Sprinkle with the spiced pepper-salt.

Deep-Fried Potato Balls

Ingredients:

1 lb (500 g) potatoes
1 tbsp (100 g) flour
1/4 tsp five-spice powder
5 tsp salt, or to taste
1/2 tsp scallions, chopped
1/2 tsp ginger, chopped
2 cups (500 ml) vegetable oil for deep-frying
1/4 tsp spiced pepper-salt
1/4 tsp MSG



Directions:

3. Wash and boil the potatoes, then peel and mash them. Mix well with the flour, five-spice powder, salt, MSG, scallions and ginger. Form into small balls.
4. Heat the oil in wok to moderately hot, 230°F(110°C). Add the potatoes balls a few at a time and deep-frying until brown. Remove, drain and sprinkle with spiced pepper-salt.

Deep-fried Prawn Patties

Serves 4

Ingredients:

400 grams prawn meat, minced
100 grams pork lard fat, minced
10 grams salt
50 grams breadcrumbs
200 grams cooking oil
100 grams white vinegar
50 grams sugar
3 shallots
1 cucumber - small, sliced
1 red chili, sliced

Directions:

Mix the prawn meat and pork fat; season with salt
Form patties, cover in breadcrumbs and deep-fry until done.
For the dip, bring vinegar and sugar to the boil, cool down and mix with finely sliced shallots and cucumber. Sprinkle with red chili.

Chef's Tip:

Serve this dish immediately after frying. The pork fat will ensure a moist and tasty patty.

Deep-Fried Stuffed Green Peppers

Ingredients:

9 oz (250g) green peppers
2 eggs, separated
9 oz (250g) lean boneless pork
2 tsp. flour
1/2 tsp. scallions, chopped
1/2 tsp. cornstarch (cornflour)
1/2 tsp. fresh ginger, chopped
2 cups (500ml) vegetable oil for deep-frying
1 tsp. salt, or to taste
1/2 tsp. spiced pepper-salt
1 tbsp soy sauce
1/4 tsp. MSG (optional)
1/4 tsp. five-spice powder



Directions:

1. Wash, halve length-wise, and seed the green peppers. Cut each half into two triangles and dry well. Set aside.
2. For the filling, mince the pork and mix it with the scallions, ginger, salt, soy sauce, five-spice powder, MSG (optional), and half the egg white.
3. Beat the rest of the egg whites with the yolks and mix with the flour, cornstarch and enough water to make a thick batter.
4. Fill the inside of each piece of pepper with the filling level to edges. Add coat the filled side with flour.
5. heat the oil in a wok over medium heat to 350oF (175oC) or until a piece of scallion green or ginger sizzles and moves about rapidly when tossed into the oil. Dip the filled side of each piece of pepper into the egg batter and then drop it into the oil , filled side down. Deep-fry until the coating is golden brown, then remove, drain well, and place in a dish, Sprinkle with the pepper-salt and serve.

Deep-Fried Stuffed Lotus Roots

Ingredients:

9 oz (250 g) lean boneless pork, minced or ground
2 eggs, separated
1 lb. (500g) fresh lotus roots
9 oz or 2 1/4 cup (250 g) flour
1 tbsp soy sauce
1 tsp. salt, or to taste
1 tsp. rice wine
2 cups (500ml) vegetable oil for deep-frying;
uses about 5 oz (150ml)
1 tsp. scallions, chopped tomato ketchup or
Worcestershire sauce
1/2 tsp. ginger, chopped
1/4 tsp. MSG



Directions:

1. For the filling, mix the pork with the soy sauce, rice wine, scallions, ginger, MSG(optional) and half a beaten egg white. Set aside.
2. Beat the remaining egg white with the yolks and mix with the flour, salt, and enough water to make a thick batter.
3. Cut the lotus roots crosswise into 1/4 inch (5mm) slices. Divide the filling into portions, and place a filling portion between two slices. Repeat until all the lotus root is used.
4. Heat the oil in a wok to about 350oF(175oC) , or until a small piece of scallion green or ginger sizzles and moves about rapidly when tossed into the oil. Dip stuffed lotus roots in the egg batter and add to the oil. Deep-fry until golden brown, remove, and drain. Serve with tomato ketchup or Worcestershire sauce for dipping.

Deep-Fried Tofu Triangles

Serves 4

Ingredients:

1 pound medium or firm tofu
3 - 4 tablespoons cornstarch or flour
oil for deep-frying

Directions:

Drain the tofu: Place several paper towels on a cutting board. Place the tofu on the cutting board, and then place a heavy object such as a plate or book on top. Drain the tofu for at least 15 minutes, changing the paper towels as required. (If possible, it's helpful to tilt the cutting board so that the water drains directly into the sink).

Cut the tofu into triangles, or cubes if you prefer.

Heat oil for deep-frying. Carefully add the tofu pieces into the wok. Fry, stirring occasionally, until the tofu triangles are golden on both sides. Remove with a slotted spoon and drain on paper towels. Keep warm while frying the remaining tofu triangles. Serve with Peking-Style Sauce, Soy-ginger dip, or sweet and sour sauce.

Deep-Fried Watermelon

Ingredients:

1 watermelon, about 10 lb
7 tbsp (100 g) cornflour
11 tbsp (100 g) flour
2 eggs whites, beaten
7 tbsp cornstarch (cornflour)
3 cups (750 ml) vegetable oil for deep-frying;
uses about 3 1/2 oz (100 ml)



Directions:

1. Cut the watermelon in half and scoop out the pulp. Remove any seeds from the pulp and cut the pulp into diamonds. Coat with the flour. Mix the egg whites with cornstarch and a little water into a batter.
2. Heat the oil in a wok over high fire to about 250°F (120°C), or until small bubbles appear around a 1 inch (2 cm) cube of day-old bread dropped into the oil. Dip the watermelon pieces in the batter and add to the oil. Deep-fry until the coating becomes firm. Turn off the heat and continue to deep-fry the watermelon until light brown. Remove, drain well, sprinkle with the sugar, and serve.

Dry-Fried Yellow Croaker

Ingredients:

1 whole yellow croaker about 2 lb (1 kg) (or similar fish)
2 tsp. salt, or to taste
2 tsp. rice wine
4 tsp. cornstarch (cornflour)
1 tsp. soy sauce
6 cups (1,500ml) vegetable oil for deep-frying
1 egg
2 tsp. spiced pepper-salt
2 tsp. Worcestershire sauce



Directions:

1. Draw, scale and wash the fish. Make 3.5 diagonal slashes on each side. Rub the rice wine and soy sauce on the sides and let marinate about 15 minutes.
2. Mix the egg, salt, and cornflour into a paste and coat the fish.
3. Heat the oil in a wok to 350oF(180oC). Deep-fry the fish until the coating hardens. Remove and drain. Reheat the oil to 400oF(205oC), and deep-fry the fish until brown. Remove, drain well, place on a dish. Serve with two small dishes of spiced pepper-salt and Worcestershire sauce.

Deep-fried Yellow Croaker with Sweet-and-Sour Sauce

Ingredients:

1 whole yellow croaker about 1 1/2 lb (750 g)
(or similar fish)
1/2 tsp. garlic, chopped
1/2 tsp. salt
2 tsp. soy sauce
6 cups (1,500 ml) vegetable oil for deep-frying; uses about 7 oz (200ml) 10oz (300ml)
clear stock
1/2 tsp. scallions, chopped
14 tbsp (200g) sugar
1/4 tsp. fresh ginger, chopped
10 tbsp (150g) cornstarch (cornflour),
dissolved in 5 tbsp water



Directions:

1. Draw, scale, and wash the fish. Blot dry. Make 5 to 7 diagonal slashes about 1/4 inch deep at even intervals on each side. Rub salt in the slashes and dust all over with flour.
2. Heat the oil in a wok to about 350°F (180°C). Hold the fish by the tail and carefully lower it into the oil. Slide a wok scoop or spatula under the fish to keep it from sticking to the wok and deep-fry until the slashes open, about 2 minutes. Continue to turn the fish and deep-fry it until the skin is brown on all sides. Finish by laying the fish flat in the oil and pressing the head down with the scoop until it browns. Remove, drain and place on a large oval serving dish.
3. Pour all but 7 tbsp of the oil out of the wok. Heat until the oil surface ripples. Add the scallions, ginger, garlic, vinegar, and soy sauce. Add the stock, sugar, and cornstarch. Cook, stirring until the sauce thickens. Pour over the fish and serve.

Delicacies in Clear Broth

Ingredients:

3 1/2 oz (100g) cellophane noodles, soaked
2 oz (50 g) Chinese ham
1 oz (25g) dried black Chinese mushrooms, soaked
1 tsp. sesame oil
4 tbsp (60g) dried shrimps, soaked
1/2 tsp. MSG(optional)
2 dried sea cucumbers, reconstituted For egg dumplings:
2 oz (50 g) fresh tomatoes
3 eggs
3 1/2 oz (100g) lean boneless pork, minced
3 1/2 oz (100g) pork, minced
2 3/4 tsp. salt, or to taste
1/4 tsp. salt
1 tsp. cornstarch (cornflour) dissolved in 1 tsp. water
2 tsp. soy sauce
6 cups (1500ml) chicken stock
1/2 tsp. scallions, chopped
3 1/2 oz (100g) dried bamboo shoot slices, soaked (or canned sliced bamboo shoots)
1 tsp. ginger, chopped
1/2 tsp. scallions, chopped
2 tbsp (30 g) dried shrimps, soaked and chopped
1/8 tsp. MSG(optional)



Directions:

1. Cut the cellophane noodles into 6 inch (15cm) pieces. Drain the mushrooms, remove the stems, and cut into thin slices. Cut the sea cucumbers into thin slices.
2. Make egg dumplings. Place egg dumplings on a heat-proof dish and steam in a steamer for 10 minutes. Set aside.
3. To make the meatballs, mix the pork with 1/4 tsp. of the salt, 1/8 tsp. of the MSG (optional), the cornstarch water mixture, and little more water. Stir vigorously in the same direction for 1 minute. Form the mixture into small meatballs. Bring the chicken broth to a boil and add the meatballs. Simmer until cooked through and drain, reserving the broth. Set the meatballs aside.
4. Skim any foam from the broth. Add the cellophane noodles, the mushroom, 2 tbsp shrimps, sea cucumbers, bamboo shoot slices, and 1/2 tsp. scallions. Bring to a boil. When the shrimps and mushrooms release their fragrance, add the remaining 2 1/2 tsp. of the salt and the remaining 1/4 tsp. of the MSG, along with the ham slices, meat balls, egg dumplings, and tomatoes. Return to a boil and remove from the heat. Sprinkle with the sesame oil, and serve.

Dinner Buns with Coconut Milk

(Canned coconut milk adds a rich body to these traditional dinner buns.)

Yield: About 18 Buns

Ingredients:

1 teaspoon (5 ml) sugar
1/2 cup (125 ml) warm water
1 package active dry yeast
1/2 cup (125 ml) canned coconut milk
mixed with 1/2 cup (125 ml) regular milk
1/4 cup (50 ml) butter, margarine or shortening
3 tablespoons (45 ml) sugar
2 teaspoons (10 ml) salt
1/2 cup (125 ml) warm water
5 - 6 cups blended bread flour

Directions:

Dissolve 1 teaspoon of sugar in 1/2 cup of warm water. Sprinkle in the package of yeast. Let it stand for 10 minutes and then stir.

Heat the milk to lukewarm, stirring. Add in the butter, 3 tablespoons sugar, 2 teaspoons salt, and 1/2 cup warm water.

Add the heated milk mixture and 2 cups flour to the dissolved yeast mixture. Beat until the mixture is smooth and elastic. (I find a whisk works quite well).

Gradually stir in the remaining 3 cups of flour, adding a bit more flour if necessary. The dough should be soft and easily leave the sides of the bowl.

Turn the dough out onto a floured surface and round it up into a ball.

Knead the dough until it is smooth, elastic and not sticky. Again, add a bit more flour if necessary.

Place the dough in a lightly greased bowl. Turn the dough so that the top is greased as well. Cover with greased wax paper and a tea towel.

Let the dough rise in a warm place until it has doubled (about 1 1/2 hours).

Preheat oven to 375 degrees Fahrenheit.

Punch down to let the air out of the dough. Turn it out onto a lightly floured board.

Use a wetted knife to cut the dough in half, and then each half into thirds, and thirds again. This gives 18 buns.

Shape the buns into balls and place on a lightly greased surface. Bake for 18 - 20 minutes.

After removing the buns, use a pastry brush to lightly coat them with butter. Cool.

Dofu fa (Soybean Jelly)

Ingredients:

11 ounces (about 1 lb) soy beans
water for soaking beans
7 cups water
edible [terra alba](#)* (about 1 teaspoon)
1 tablespoon cornstarch

Syrup:

10 ounces sugar or brown sugar
1 cup water
2 pieces lemon or a little vinegar

Directions:

Rinse the soybeans until the water runs clear. Put the beans in a pot and add water. (The water should be three times the amount of the soybeans).

Soak the beans until they expand to 2 or 2 1/2 times their original size.

For the syrup: Bring the sugar to a boil. Add the water and lemon or vinegar and set aside. (Note: some Cantonese recipes call for a bit of ginger; you can also add a pinch of white pepper).

Mix 1/2 cup water with the cornstarch and terra alba and set aside.

Drain the beans and discard the soaking water. Add 6 more cups of water. Blend the soy bean and water mixture (if using a small blender you will have to do this step in batches).

Use a gauze such as cheesecloth to squeeze out the liquid. Retain the liquid and remove the dregs (sediment) from the processed soybean/water mixture.

Pour the liquid (soybean milk) into a pot. Add 1/2 cup water and cook on low heat until it comes to a boil and is foaming nicely.

Remove from the heat and filter out any scum, using the gauze again if necessary.

Return to the pot and bring to a boil again, adding the edible terra alba when boiling.

Turn off the heat but do not move the pot (never move the soymilk until it has jelled).

Cover with a towel for about thirty minutes.

Drain off any scum. Add the syrup and serve.

*Edible terra alba is used as a food binder. You can substitute gypsum.

Note: You can add other flavors like chocolate, sesame or peanut, just grind to a powder and cook with the milk or spread on top. Also, a quick and easy way to make dofu fa is simply to add [soybean milk](#) (available at Asian markets) to the edible terra alba and any toppings or syrup that you would like.

Drunken Chicken

(This popular Chinese appetizer is served cold)

Serves 4 - 6

ingredients:

1 3 lb broiler or fryer chicken
2 slices ginger
1 green onion
2 tablespoons salt
Sherry to cover chicken

Directions:

Wash and dry the chicken. Bring a large pot of water to a boil. Add the ginger, green onion, and salt and boil for a few minutes. Add the chicken and simmer for 15 minutes. Turn off the heat and allow the chicken to cool. Drain the bird.

At this point you can cut the chicken in half, quarters, or eight pieces (2 pieces for the wings, 4 for the legs, 2 for the breast and discard the back). Place the chicken pieces into a jar and cover with sherry. Keep refrigerated for several days. Before serving, cut into bite-sized pieces. Serve cold. Garnish with cilantro if desired.

Variation:

*Save some broth from boiling the chicken and mix it with the sherry to cover the chicken.

Drunken Fresh Shrimps

Ingredients:

10 1/2 oz (300g) live fresh-water shrimps
2 tsp. soy sauce
3 1/2 oz (100g) scallion white
2 tsp. sesame oil
1 oz (25g) scallions, chopped
1 tbsp meat stock
15 Sichuan roasted peppercorns
2 tsp. strong white liquor
1/4 tsp. salt, or to taste
1/4 tsp. MSG (optional)



Directions:

1. Crush the peppercorns and the scallion white together, and mix with salt, soy sauce, sesame oil stock, MSG (optional) to make a dipping sauce.
2. Wash the shrimps well to rid them of sand. Cut off the whiskers and feet, wash again, and drain. Place in a bowl and set aside.
3. A few minutes before serving, pour the liquor over the shrimps, add chopped scallions and cover the bowl with a dish. Invert the bowl and weight it so the shrimps cannot get out.
4. To eat, dip the live shrimps in the dipping sauce.

Dry-Fried Hairtail

Ingredients:

10 1/2 oz (300g) live fresh-water shrimps
2 tsp. soy sauce
3 1/2 oz (100g) scallion white
2 tsp. sesame oil
1 oz (25g) scallions, chopped
1 tbsp meat stock
15 Sichuan roasted peppercorns
2 tsp. strong white liquor
1/4 tsp. salt, or to taste
1/4 tsp. MSG (optional)



Directions:

1. Draw and clean fish . Chop off head and tails. Make criss-cross scores on both sides of fish. Chop fish crosswise into 1 1/2 inch (4cm) sections. Marinate fish with salt and rice wine.
2. Heat oil in a wok to very hot, about 350°F (180°C). Dust fish pieces with flour and add to the oil. Deep-fry until brown. Remove and drain, place fish in a dish. Serve with spiced pepper-salt and Worcestershire sauce as the dips.

Dry-Fried Pork Filet

Ingredients:

7 oz (200g) boneless pork filet
2 cups (500 ml) vegetable oil for deep-frying
2 tsp. soy sauce
3 tbsp spiced pepper-salt (see p. 10)
1 tsp. rice wine
1/4 tsp. MSG(optional)
3 tbsp cornstarch, dissolved in 3 tbsp water



Directions:

1. Cut the pork into diamond-shaped slices, 1 1/2 inches (4 cm) in each side. Mix with the MSG , soy sauce and cornstarch and stir to coat well.
2. Heat the oil in a wok to very hot about 400oF (200oC), or when a piece of scallion or ginger tossed into the oil quickly turns brown and a haze appears above the oil. Deep-fry the pork until the coating becomes crisp. Remove the pork, drain and let stand for 2 minutes while reheating the oil to 400oF. Place the pork back in the oil for a few seconds, remove immediately and sever with the spiced pepper-salt as a dip.

Dry Garlic Spareribs

(Simmering the ribs in sauce adds flavor to this Montreal specialty.)

Serves 4 to 6

Ingredients:

3 pounds spareribs*

Sauce:

1 1/2 cups brown sugar

1 1/2 cups Water

4 - 5 garlic cloves

4 1/2 tablespoons light soy sauce

1 1/2 tablespoons dry mustard

Directions:

Bring a large pot of water to boil. Cut the ribs apart. Add the spareribs to the boiling water, cover, and allow to simmer for 30 minutes until tender.

While the spareribs are simmering, mix together the sauce ingredients.

Remove the spareribs from the pot, and slice the meat between the bones. If you like, set aside the pork broth to use in another recipe. Clean out the pot.

Add the sauce ingredients to the pot and bring to a boil. Add the spareribs, bring back to a boil, and simmer for 10 - 15 minutes.

*This recipe is very adaptable - you could also use 2 or 4 pounds of spareribs and adjust the other ingredients accordingly.

Nutritional Breakdown per serving (based on 6 servings): 550 calories (kcal); 34 g Total Fat (52 percent calories from fat); 25 g Protein; 37 g Carbohydrate; 110 mg Cholesterol; 381 mg Sodium; trace Fiber.

Duck Rolls

Ingredients:

skin from 1 1/2 ducks, cooked
1/4 tsp. scallion, chopped
7 oz (200g) duck thigh meat
1/4 tsp. water chestnut, chopped
3 eggs
1/2 tsp. sesame oil
1/2 tsp. soy sauce
4 tbsp (50g) cornstarch (cornflour)
1/4 tsp. salt, or to taste
1 cup (100g) dried bread crumbs
1/4 tsp. ground Sichuan peppercorn
3 cups (750 ml) duck fat or vegetable oil, or
a combination, for deep-frying
1/4 tsp. ginger, chopped
1/2 tsp. MSG



Directions:

1. Cut the duck skin into 2 by 2 1/2 inch (6cm X 5cm) pieces.
2. Mince the duck meat. Stir in the soy sauce, rice wine, salt, MSG (optional), pepper, ginger, scallions, water chestnut, and sesame oil, and mix well . Divide duck mixture to portions, one portion for one piece of the duck skins. Place one portion of the duck mixture at one end of each piece of the skin and roll into cylinders about 3/4 inch(16.5mm) in diameter.
3. Beat the eggs. Roll the cylinders in the cornstarch, then dip them in the egg and coat well with the bread crumbs.
4. Heat the oil or duck fat, or both, in a wok over high heat to moderately hot, about 375oF (190oC). Remove the wok from the fire, or turn off the heat, and carefully add the duck rolls. Stir a few times and return the wok to the heat or turn the heat back on. Deep-fry the rolls until they float to the surface. Turn the heat to low and deep-fry for 2 to 3 more minutes, or until all the rolls begin turning brown. Turn the heat to high and deep-fry for 30 more seconds. Remove, drain well, and serve.

Durian Ice Cream

Serves 4 to 5

Ingredients:

4 or 5 segments of fresh or frozen durian
1 cup/8 fl oz/250 ml milk
1 cup/8 fl oz/250 ml cream
2 egg yolks
1/2 cup/4 oz/125 g sugar

Directions:

If using frozen durian, thaw completely.

Remove seeds and press flesh through a nylon sieve to eliminate the fine fibres.

Heat milk and cream in a heavy enamel or other non-aluminum pan, stirring until almost boiling. Whisk egg yolks with sugar until light, stir in a ladleful of the hot milk mixture and return to saucepan. Stir over very low heat until custard thickens, taking care not to let it boil or it will curdle. Cool the custard and chill it well, then add a little at a time to the durian pulp, combining it thoroughly before adding more custard. This keeps the texture even.

Freeze in a churn or a shallow glass dish. If using still-freezing method, stir 2 or 3 times during freezing to enhance smoothness. Or, after it has frozen, break into pieces and puree in food processor until smooth but not melted. Return to freezer until firm. Press freezer wrap directly on surface of ice cream to prevent ice crystals forming. It is advisable to store durian ice cream in a freezer container with a well-fitting lid.

Egg Bubble Soup

Ingredients:

4 (250 g) eggs, beaten
1/8 tsp pepper
3 1/2 oz (100 g) lard or vegetable oil
1 tsp scallions, chopped
1 1/2 tsp salt, or to taste
1 tsp MSG



Directions:

Heat the oil in a work over low heat to about 350oF (175oC), or until a piece of scallion green sizzles and moves around when dropped in the oil. Add the eggs and fry until the egg solution bubbles but has not yet begun to brown. Add 4 cups (1 liter) of water. Stir in the salt, MSG, and pepper. Simmer until fragrant. Pour the soup into a tureen, sprinkle with scallions, and serve.

Egg Custard Tarts

24 tarts

Ingredients:

Pastry:

3 cups (12 oz/375 g) all purpose (plain) flour

6 oz (180 g) lard

5 tablespoons hot water

Filling:

3 eggs, beaten

1/3 cup (2 oz/60 g) superfine (caster) sugar

1 1/2 cups (12 fl oz/375 ml) milk

yellow food coloring (optional)

Directions:

Preparations: Preheat the oven to 425 degrees Fahrenheit (200 degrees Celsius), and grease the tart pans.

Pastry: Use a sifter to sift the flour into a large bowl. Work the lard into the flour with the tips of your fingers, until the mixture has the appearance of coarse breadcrumbs. Add the hot water and blend it into the dough. Place the dough on a flour-covered board and keep kneading until you can gather it up into a firm ball.

Roll the pastry on the board to about 1/8 inch (3 mm) thickness. Cut the dough into 24 circles (for this you will need a 3-inch or 8-cm round cutter). Fit the circles into the greased tart pans.

Filling: Add the filling ingredients into a small bowl and beat until smooth. Pour the filling ingredients into the pastry-lined tart pans, leaving about 1/4 inch at the top.

Bake the egg custard tarts for approximately ten minutes, and then reduce the heat to 400 degrees F. (200 degrees C.), and bake for approximately another 10 - 15 minutes, until the custard has set. (You will know it is done when a knife placed in the middle comes out clean).

Egg-Drop Soup

Ingredients:

2 eggs, beaten
1/2 tbsp sesame oil
5 tbsp wood ears, soaked
2 cups (500 ml) clear stock
2 oz (50 g) hearts of Chinese cabbages
3/4 tsp salt, or to taste
2 1/2 tbsp vegetable oil or lard
1/4 tsp MSG



Directions:

1. Wash and slice the wood ears and cabbage hearts.
2. Heat 2 1/2 tbsp of the vegetable oil or lard in a wok. Add the eggs and fry until browned on both sides. Remove and cut into small pieces. Set aside. Pour the stock into the wok and add the salt, wood ears, cabbage hearts, eggs, and MSG. Bring to a boil and let boil 1 minute. Sprinkle with the 1/2 tbsp sesame oil, and serve.

Egg Dumplings

Ingredients:

- 1 tsp. dried shrimps
- 1 tsp. cornstarch, dissolved in 1 tsp. water
- 9 oz Chinese cabbage leaves
- 4 1/2 tbsp vegetable oil
- 3 arrowheads
- 4 eggs
- 3 1/2 oz (100g) minced pork
- 1/2 tsp. salt, or to taste
- 1/4 tsp. scallions, chopped
- 5 oz high stock



Directions:

1. Soak the dried shrimps in hot water for 20 minutes. Remove, drain, and chop finely. Wash the Chinese cabbage leaves and cut into halves. Peel arrowheads and chop finely.
2. Mix minced pork with arrowheads, scallions, ginger, shrimps, cornstarch, and 1 tsp. oil. Stir to blend well.
3. Beat the eggs. Add in 1/2 tsp. of the salt.
4. Divide egg and pork into four portions respectively. Add 1 tbsp of the oil to a wok and heat over a low fire until barely hot. Pour in one portion of the egg, and swirl it around to make a very thin pancake. Immediately add a portion of the pork mixture into the centre of the egg pancake. Fold up the pancake into a crescent dumplings with the pork filling inside. Remove. Add another tbsp of the oil and repeat until all the dumplings are made.
5. Pour the stock into a pot and the cabbage leaves. Bring to a boil and add 1/4 tsp. salt. Add the dumplings. Simmer over low heat for 5 minutes and remove.

Egg Foo Yung - Family Style

Serves: 3 to 4, or 5 to 6 as part of a multicourse meal

Ingredients:

5 large eggs
1 teaspoon salt (if using canned crabmeat, reduce to 1/2 teaspoon)
1 teaspoon dry sherry
Dash black pepper
1/2 cup fresh or canned lump crabmeat or shredded cooked pork, chicken, ham, beef, or shrimp
1/2 cup shredded celery, no leaves
1/2 cup dried black mushrooms, softened in hot water for 15 minutes, squeezed dry, stems removed, and shredded (NB: You can substitute fresh mushrooms - wash, drain well, and shred)
1 cup fresh bean sprouts or drained and shredded bamboo shoots
1/4 cup thinly sliced onion
3 tablespoons canola, corn, or peanut oil

Directions:

Gently beat the eggs with the salt, sherry, and pepper. Add the crabmeat, celery, black mushrooms, bean sprouts, and onion and mix well.
Heat the oil in a nonstick wok or stir-fry pan over medium-high heat until the oil is not smoking. Test by dipping the end of a spatula into the egg mixture and then into the oil; it should sizzle. Add the egg mixture to the hot oil. Let the eggs sit without stirring until the bottom is slightly set but the top is still runny. With a spatula, turn sections of the eggs over. Continue turning the eggs until the mixture is set on both sides. Remove to a serving platter. Serve immediately.

Variation: Serve the Egg Foo Yung with a restaurant-style brown sauce. Make the sauce before cooking the eggs.

Mix together 1 cup homemade Chinese Chicken broth, plus 1/2 teaspoon salt or 1 cup of canned chicken broth, 1/2 teaspoon ketchup, 1 1/2 teaspoons soy sauce, and 2 tablespoons flour, mixed with 2 tablespoons cold water into a smooth paste, in a saucepan. Cook over medium heat, stirring constantly with a wire whisk. Bring to a boil and stir until the sauce is thickened. Simmer 2 minutes to eliminate the raw taste of the flour. Pour the sauce freely over the cooked eggs.

Egg Fu Yung - Restaurant Style

(This Egg Fu Yung is very different because it is deep-fried and therefore has a very light, delicate texture. Shredded roast pork, beef, chicken or turkey can be substituted for shrimp.)

Serves: 4

Ingredients:

1/2 pound fresh shrimp, shelled, deveined, cut into small pieces
1 teaspoon salt
1 teaspoon cornstarch
2 teaspoons sherry
5 eggs
1 teaspoon light soy sauce
4 tablespoons oil
1/2 onion, chopped
1 scallion, chopped
4 water chestnuts, chopped
1/4 cup fresh mushrooms, sliced
1 cup bean sprouts
2 to 4 cups oil for deep-frying

Sauce:

1 cup chicken stock or broth
2 tablespoons light soy sauce
1 tablespoon cornstarch, dissolved in 1 tablespoon water
Pepper to taste

Directions:

Dry shrimp. Add 1/2 teaspoon of salt, cornstarch, and 1 teaspoon of sherry. Mix well. Beat eggs in large bowl. Add soy sauce, 1/2 teaspoon salt, and 1 teaspoon sherry. Set aside.
Heat 2 tablespoons of oil in wok. Stir-fry onion, scallion, and water chestnuts 1 minute.
Add mushrooms. Stir-fry 30 seconds. Remove.
Heat 2 tablespoons oil in wok. Stir-fry shrimp and bean sprouts 1 minute, or until shrimp turn pink. Let cool.
Add all ingredients to egg mixture.
To make Sauce: Bring stock to boil. Add soy sauce. Thicken with dissolved cornstarch. Season with pepper to taste. Set aside.
Heat oil to 400 degrees in wok. Test by adding a piece of scallion (it should turn brown quickly). Gentle ladle 1/4 of egg mixture into wok. Deep-fry 1 minute until golden brown. Fold over with spatula and fry the other side 1 minute. Remove to platter and keep warm. Continue to deep-fry egg mixture, 1/4 at a time. Serve with sauce.

Egg Foo Yung with Shrimp

(The egg foo yung made famous in American-Chinese restaurants throughout the 1950's was deep-fried. However, today egg foo yung is usually pan fried.)

Serves: 2 - 3

Ingredients:

6 eggs
1/4 tsp water
1/2 tsp each of salt, pepper, paprika or cayenne pepper
2 tbsp of red sweet hot pepper sauce (sweet hot chili sauce)
2 tbsp of oil
1/2 lb of shelled and deveined shrimp diced
1/4 c diced green onions
1/4 c diced celery
1/2 lb fresh bean sprouts-drained and rinsed
1-2 pkgs of white sauce for seafood
light cooking spray

Directions:

Spray a small frying pan spray with light cooking oil. Sauté the green onions, celery and bean sprouts till just tender.

Beat the eggs and add 1/4 tsp of water, salt and the pepper and paprika or cayenne pepper. Beat well, then add the sweet hot pepper sauce and mix well.

Cook the shrimp until just pink and add to the egg mixture. Add the remaining ingredients (the vegetables) and mix well.

Heat oil in a pan. When the oil is very hot add the egg mixture. Cook, turning once, until it is golden brown on both sides. Set aside and keep warm. Prepare the white sauce as directed on the package and season to taste with cayenne or paprika. Pour over all the egg foo yung, and serve hot.

This recipe was posted on the Chinese Cuisine Forum by "Kitchenpanhands"

Egg Pancake

Ingredients:

3 eggs
1 tsp. salt, or to taste
1/2 tsp. scallions, chopped
5 tsp. vegetable oil



Directions:

1. Beat the eggs in a bowl and add the scallions and salt, mixing well.
2. Heat the oil in a wok over high heat until the surface ripples. Add the eggs and swirl the pan so the egg covers the surface evenly. Turn the heat to low and cook until the bottom of the pancake is set and browned, turn and cook until browned on the other side. Remove and serve.

Eggplant Shu Mai

Serves 6 to 8

Ingredients:

- 1 tablespoon oil
- 3 cloves garlic, minced
- 1 teaspoon minced ginger
- 4 Oriental eggplants, chopped
- 2 tablespoons soy sauce
- 1 tablespoon fermented black beans
- 1 teaspoon sesame oil
- 2 tablespoons minced cilantro
- 1 scallion, minced
- 2 dozen gyoza wrappers (or wonton wrappers cut into circles)

Directions:

Heat oil in a wok. Add garlic and ginger and stir-fry until fragrant. Add eggplant and stir-fry until tender, adding a little water as needed to prevent sticking. Add soy sauce, black beans, and sesame oil. Stir-fry briefly to combine. Remove from heat. Stir in cilantro and scallion. Working one at a time, put about 2 teaspoons of filling in the center of a gyoza wrapper. Gather up the sides to form pleats (the top will be open). Pinch slightly in the middle to form a "waist," press down filling on the top, and tap the bottom so that the shu mai can stand up. Arrange on an oiled plate and steam over boiling water until dough is translucent, about 5 - 10 minutes.

Egg Rolls

(Egg rolls make a great snack, appetizer, or addition to a meal. This recipe makes the thicker egg roll that is popular in western Chinese restaurants. Cantonese Spring Rolls and Mini Spring Rolls are a lighter, more authentic Chinese roll.)

Ingredients:

1 package egg roll wrappers (4 1/2" by 5 1/2")

Filling:

1 pound fresh pork (or barbecued pork)
1 medium onion (sliced)
2 stalks celery, cut diagonally
1/2 pound fresh mushrooms, sliced
6 water chestnuts (fresh if possible), sliced
1/2 pound suey choy (Napa Cabbage), sliced thinly, 1 inch lengthwise
2 green onions, diced
1 pound fresh bean sprouts

Pork Seasonings:

1 teaspoon soy sauce
1 teaspoon oyster sauce
salt and pepper to taste
a bit (less than 1 teaspoon) cornstarch

Gravy Mixture:

4 tablespoons water
1 tablespoon cornstarch
1/2 teaspoon soy sauce
2 teaspoons oyster sauce
salt, pepper, accent (if desired) to taste

2 tablespoons cornstarch mixed with 2 teaspoons cold water*

Oil for stir-frying

2 to 4 cups oil for deep-frying

Directions:

Mix seasoning ingredients together. Cut the pork into thin strips, add the seasonings and marinate the pork for between 10 and 15 minutes.

While the pork is marinating, prepare the vegetables, and the gravy mixture.

Heat wok and add oil. When oil is ready, add the celery and onion and stir-fry. Taste and add salt and sugar if desired. Remove from wok. Add the pork to the wok and cook until well done (place cover on wok). Remove. Clean the wok and stir-fry separately the mushrooms, water chestnuts, and bean sprouts. Check the seasoning while stir-frying the bean sprouts and add salt and/or sugar as desired. Stir-fry the suey choy, covering and cooking for approximately 1 minute, again adding salt and/or sugar if desired. Combine all the ingredients in the wok. If necessary, drain some of the juice from the vegetables out.

Add the gravy, pushing the vegetables up against the sides of the wok to form a "well" in the middle for the gravy, and stir to thicken. Mix thoroughly. Add green onion. Set the filling aside to allow to cool before wrapping.

Wrapping: Mix the cornstarch and water, slowly adding the water to the cornstarch until you have a "glue" which will be used to seal the wrappers.

To wrap, lay the egg roll wrapper out with the short (4 1/2") side directly in front of you. This will be the dry side. The two long sides will be called sides 1 and 3, and the other

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short side directly across from you will be called side 2. Place approximately 1 tablespoon of filling in the middle of the wrapper, spreading it out but not getting too close to the edges. Using your fingertip, spread a bit of the cornstarch/water glue along edges 1, 2, and 3. Fold over the dry side, then take side 2 and fold it over, making sure the two sides overlap. Press down firmly on sides 1 and 3, making sure they are well sealed.**

Deep-frying: When oil is ready, slide each egg roll carefully into the wok one at a time. Deep-fry until they are golden brown, then drain on deep-fry rack or paper towels. Keep on a tray lined with fresh paper towels until needed. The egg rolls should not be stacked. If possible do not reheat in the oven, as this can dry the eggrolls out, but if necessary, reheat them on low heat for 10 minutes on each side. Serve with Sweet and Sour Dipping Sauce.

*If desired, instead of cornstarch and water you can substitute beaten egg or egg white.

**Most recipes use the "envelope" method for wrapping. I prefer this method: not only is it easier to learn, but you can put more filling in each egg roll, and the rolls tend to be crispier.

For more cooking tips see my Egg Roll Energizers page.

Egg Roll Wrappers

(Homemade egg roll wrappers are easy to make and often less dry than storebought wrappers.)

Ingredients:

2 cups sifted flour
1 teaspoon salt
1 egg
1/2 cup ice water
Cornstarch

Directions:

Sift flour and salt into a large bowl. Make a well in the center and add egg and water. Stir with fork until dough holds together and leaves sides of bowl clean. Turn out dough onto lightly floured surface; knead until smooth and elastic, about 5 minutes.

Cover dough with a bowl. Allow dough to rest at least 30 minutes.

Divide dough into fourths. Dust pastry board lightly with cornstarch. Roll each piece of dough to a 14X11 inch rectangle. Cut into 3-1/2 inch squares. Stack on a plate. Cornstarch will prevent them from sticking together. Fill with filling.

Eight Precious Pudding

(The author writes: This is a famous traditional banquet dessert. Usually it contains eight kinds of dried candied fruits that represent eight precious stones.)

Serves 4 to 6

Ingredients:

1 ounce lotus seeds
2 cups cold water
2 ounces Chinese red dates
2 cups glutinous rice
1/4 cup sugar
3 tablespoons oil
1 red maraschino cherry, stemless
1 cup any candied fruits
1 cup red bean paste

Directions:

1. Add lotus seeds to cold water in saucepan. Bring to boil. Simmer on low heat 20 minutes. Drain and cool. Split into halves. Set aside.
2. Put red dates in bowl on rack in pot or in steamer. Steam covered over boiling water 30 minutes. Set aside.
3. Put rice in pot with water level 3/4 inch above rice. Bring to boil. Simmer 20 minutes. Stir in sugar and remaining 2 tablespoons oil. Mix well. Set aside.
4. Grease medium-sized bowl heavily with oil. Place cherry in center. Arrange lotus seeds, red dates, and candied fruits in circles around bottom and up to edge of bowl, glazed side down.
5. Spread a layer of rice mixture over fruits carefully so as not to spoil the design.
6. Spoon a layer of red bean paste over the rice. Cover with another layer of rice. Pack tight.
7. Place bowl on rack in pot or in steamer. Cover. Steam over boiling water 1 hour.
8. Remove pudding carefully by running flexible spatula around edge. Put serving plate over bowl and invert bowl. Serve pudding with Sweet Almond Sauce.

May be prepared in advance through step 7. May be frozen after step 7. Resteam before serving.

Esi Fafao

(Made with papayas, this Somoan dish is an interesting variation on stuffed green peppers)

Serves 4

Ingredients:

2 green papayas
1 pound ground beef
1 onion, chopped
1/2 cup breadcrumbs
2 eggs
2 tablespoons milk
salt & pepper
cooking oil

Directions:

Preheat oven to 350. Halve papayas, cut off hard stem ends; scoop out and discard seeds.

Combine beef with remaining ingredients except oil. Stuff papaya with beef mixture. Rub papaya with a little oil and sprinkle with salt & pepper.

Arrange papayas, stuffed side up, in a baking pan. Cover with foil and bake 45 minutes. Remove foil and bake 15 minutes longer.

Fish and Vegetables

Serves 3 to 4

Ingredients:

1 lb white fish fillets, cut into bite sized pieces
2 carrots, sliced
1/4 cup bamboo shoots or water chestnuts
1 cup green vegetables
1/2 cup mushrooms, quartered
3 cm. piece of ginger, cut into thin slices
1/2 red pepper, sliced

Marinade:

1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon sugar
1 egg white
dash of pepper

Sauce:

1 teaspoon sugar
1/2 teaspoon salt
2 teaspoons vinegar
4 teaspoons soy sauce
1 teaspoon sesame oil
1/2 cup water
1 tablespoon cornflour

Directions:

1. Combine marinade ingredients. Add fish to marinade and set aside.
2. Boil 3 cups of water. Add in carrots and green vegetables for 30 seconds. Plunge vegetables into cold water - this gives them a good color.
3. Heat wok. Add 1 cup oil and fry fish pieces for 1 minute.
4. Into clean wok add 2 tablespoons oil. Add in vegetables, ginger, mushrooms, red pepper, and bamboo shoots.
5. Add fish, but don't stir.
6. Add sauce. When boiling, stir lightly and cook 1 minute.

Fish with Hot Sauce

Ingredients:

1 whole fish, (yellow croaker, carp, mullet or bass) about 2 1/2 lb (1,000g), cleaned and scaled
1 tsp. green pepper, shredded
1 tsp. salt, or to taste
3 1/2 oz (100g) onions, shredded
1 cup(500ml) oil for deep-frying
4 tsp. soy sauce
1 tsp. scallions, shredded
1 tsp. rice wine
2 hot red chili(chilli) peppers, seeded and shredded
2 tsp. sugar
1 tsp. cornstarch (cornflour) dissolved in 1 tsp. water
1/4 tsp. MSG(optional)



Directions:

1. Wash the dry the fish. Make 3 to 5 diagonal slashes on each side and rub the skin and slashes with the salt.
2. Heat the oil in a wok over high heat to very hot about 350oF(175oC) or until a piece of scallion green or ginger sizzles and moves around quickly when tossed in the oil add the scallions and onions and ginger and fish and deep-fry until both sides are brown. Remove , drain and place on serving dish.
3. Pour all but 2 to3 tbsp of the oil out of the wok, leaving only enough to cover the bottom . Heat until the oil surface ripples. Add the hot red chili, green pepper, and onion shreds, and stir-fry until fragrant. Stir in the soy sauce , rice wine, sugar, MSG(optional), and ginger. Add 1 cup water and bring to a boil. Stir the cornstarch-water mixture and add to the wok. Cook , stirring until the sauce thickens. Remove , pour over the fish, and serve.

Five-Colored Fish Shreds

Ingredients:

1 lb (500g) fresh fish filets, skinned
1 tsp. cornstarch dissolved in 1 tsp. water
3 1/2 oz (100g) dried Chinese black mushrooms, soaked in hot water until soft and then shredded
1/2 tsp. sesame oil
5 oz (150g) carrot, shredded
5 tsp. chicken stock
1/2 tsp. salt, or to taste
1/2 tsp. sugar
2 tsp. rice wine
2 cups (500ml) vegetable oil for deep-frying
1/4 tsp. pepper
3 1/2 oz (100g) green pepper, shredded
2 egg whites
3 1/2 oz (100g) bean sprouts
3 tbsp dry cornstarch (cornflour)
1 tsp. scallions, chopped
1 tsp. fresh ginger, chopped
1 tsp. MSG(optional)



Directions:

1. Cut the fish into 2 inch (5cm) sections, then into slices and 3/4 inch (2cm) shreds.
2. Mix 1/4 tsp. of the salt, the rice wine, 1/8 tsp. of the pepper, the egg whites , and the cornstarch into a batter. Stir in 2 tbsp of the sesame oil and rub the fish pieces with the batter. Set aside.
3. Blanch the mushrooms and carrots briefly in boiling water. Rinse in cold water and drain immediately.
4. Mix together the remaining 1/4 tsp. of the salt the 1/2 tsp. of MSG (optional). the chicken stock, the remaining 1/4 tsp. of sesame oil, and remaining 1/8 tsp. of the pepper, the sugar and the cornstarch-water mixture into a sauce.
5. Heat the oil to moderately hot about 230oF (110oC) . Add the mushrooms, carrot, green pepper bean sprouts, scallions and ginger. Stir-fry 1 minute . Add the fish and rice wine and stir. Pour in the sauce and stir-fry to blend all the ingredients together. Remove and serve.

Five-Spice Flavored Spareribs

Ingredients:

1 lb. (500g) pork spareribs
1 tbsp fresh ginger, chopped
3 1/2 tbsp soy sauce
1 tsp. rice wine
2 cups vegetable oil for deep-frying
3 fennel seeds
2 1/2 tbsp white sugar
5 tsp. rice vinegar
1/4 tsp. brown sugar
1 tsp. salt, or to taste
1/2 oz (15g) scallions , chopped



Directions:

1. Wash the spareribs and chop into 1 1/4-inch-long (33mm) pieces. Soak in cold water to cover for 5 minutes. Remove, drain, and marinate in a little soy sauce for 15 minutes. Drain, dry well, and rub with white sugar, and set aside.
2. Heat the oil in a wok to about 350°F (175°C), or until a piece of scallion green or ginger sizzles and moves around quickly when tossed into the oil. Add the spareribs and deep-fry until golden brown. Remove, drain, and set aside. Pour the oil out of the wok, leaving only enough to cover the bottom.
3. Reheat the wok and add the scallions, ginger, and spareribs. Then add the rice wine, fennel seeds, brown sugar, vinegar and salt and the remaining soy sauce. Stir-fry about 30 seconds. Turn the heat to low and simmer until the sauce thickens and the meat falls from the bones. Remove and serve.

Flower Scallion Rolls

(This Steamed Roll is very popular in northern China)

Yield: About 12 Rolls

Ingredients:

3 1/2 cups all purpose flour
2 teaspoons active dry yeast
1 1/2 cups lukewarm water
1/3 cup sesame oil
1 teaspoon salt
2 teaspoons baking powder
scallions, finely chopped, as desired

Directions:

Dissolve the yeast in the warm water and let sit for 15 minutes.
Place the flour in a large bowl. Begin adding the yeast in a steady stream, stirring.
Turn the dough out onto a lightly floured surface, and knead until the dough is smooth and elastic, adding a bit of flour or water as necessary. Let the dough rise for 3 hours.
Dissolve the baking powder in 1/2 tablespoon of cold water. Knead into the risen dough.
until the dough is again smooth and elastic.
To prepare rolls: Roll the dough into a 24-inch square. Lightly rub the sesame oil over with your fingers. Sprinkle over with salt and scallion.
Roll the dough up tightly, as you would when rolling up a sleeping bag or when making jelly rolls. Make sure the ends are even. Cut the dough into 2-inch pieces.
Press down lengthwise on the center of each bun with a lightly oiled chopstick, firmly enough so that the layers spread apart, but not so firmly that you cut clear through. The layers will push out to the sides, so that you have two ovals that are joined in the center. Pick up the dough by its smooth, rounded ends, and pull until they meet underneath the roll. Pinch the ends together underneath the roll. This causes the flower to become rounder in shape.
Let the rolls sit for 10 minutes and steam for 20 minutes on high heat.

Four Happiness Pork Balls

Ingredients:

3 1/2 oz (100g) Chinese Yam, , peeled (or substitute potatoes)
1 egg, beaten
14 oz (400g) lean and fat pork
3 tbsp (50 g) cornstarch (corn flour)
2 tsp. rice wine
9 oz (250 ml) vegetable oil for deep-frying
1 tsp. soy sauce
1 tsp. scallions , chopped
2 tsp. salt
1 large fennel (substitute 1 clove of star anise)
1 tsp. fresh ginger, chopped
2 cups (500ml) meat stock 1/4 tsp. MSG (optional)



Directions:

1. Boil, peel and mash the yam or potato. Mince the pork and mix with the yam mash, MSG, rice wine, 1 tsp. of the soy sauce, salt, and 1 tsp. of the ginger. Stir in one direction until the pork and yam paste stiffens, then shape it lightly into four flattened balls. Mix and egg, cornstarch, and 1 tsp. soy sauce into a paste and coat the balls.
2. Heat the oil in wok over medium heat to moderately hot, 212oF (100oC). Deep-fry the meatballs until they are reddish-brown, drain, and place in a heat-proof bowl.
3. Add the scallion, the remaining 3/4 tsp. ginger, the fennel, and stock, and place the bowl in a steamer. Steam the meatballs until done. Discard the scallions, ginger and fennel. Remove and serve.

Fragrant Creamed Hairtail

Ingredients:

5 oz (150 g) hairtail, scaled and boned (or fish fillets)
5 tbsp cornstarch(cornflour)
1/2 tsp. rice wine
2 cups (500ml) vegetable oil for deep-frying
1 tsp. salt,or to taste
4 oz (120ml) milk
1/4 tsp. pepper
1 tbsp ketchup
1/2 tsp. sesame oil
1 1/2 tsp. ground roasted sesame seeds



Directions:

1. Cut the fish into 2 inch by 3/4 inch (5cm by 2cm) pieces. Mix the rice wine, 1/4 tsp. of the salt, the pepper, and the sesame oil and add to the fish. Let marinate.
2. Dust the fish pieces with 4 tbsp cornflour. Dissolve the remaining 1 tbsp of the cornflour in 2 tsp. water. Set aside.
3. Heat the oil in a wok over high heat to very hot, about 350oF(180oC). Add the fish piece by piece and deep-fry until brown. Remove, drain, and place in a dish. Pour all but 1 tbsp of the oil out of the wok. Add 4 tbsp water and bring to a boil over high heat. Add the milk and ketchup, and stir until the mixture boils again. Add the remaining 3/4 tsp. salt (or to taste), the cornstarch-water mixture. Cook, stirring, until thickened. Pour the sauce over the fish, sprinkle with ground sesame seed, and serve.

Fried Bamboo Shoots

Ingredients:

3/4 lb (350 g) fresh winter bamboo shoots
2 1/2 oz (75 g) xuelihong (preserved
mustard green)
1 1/2 cups (350 ml) vegetable oil for deep-
frying; uses about 2 oz (60 ml)
1/2 tsp MSG



Directions:

1. Remove the husks from the bamboo shoots. Roll-cut into diamond-shaped chunks. Soak xuelihong in water for 5 minutes to reduce its saltiness. Squeeze out the excess water and cut into 1 1/2 inch (3.5 cm) pieces.
2. Heat the oil in a wok to about 400°F(205°C), or until a piece of scallion green or ginger browns quickly when tossed into the oil and a haze rises above the oil surface. Add xuelihong and deep-fry for 30 seconds. Remove and drain. Add the bamboo shoots and turn the heat to low. Deep-fry the bamboo shoots for 30 seconds, then raise the heat to high and deep-fry for 3 minutes, or until brown outside and tender inside. Remove and drain. Return xuelihong to the oil and deep-fry for 5 minutes. Remove and drain.
3. Pour all the oil out of the wok. Add xuelihong and bamboo shoots. Stir-fry to blend, then sprinkle with the MSG. Remove and serve.

Fried Chicken with Cashew Nuts

Serves 4

Ingredients:

600 grams Chicken Breast, Diced
3 tablespoons Cooking Oil for [Stir-frying](#)
120 grams Cashew Nuts, Deep Fried
1 Onion, Diced
6 Dried Chillies, Deep Fried and Cut
3 Spring Onions
2 tablespoons Oyster Sauce
1 tablespoons Sugar
1 tablespoon White Pepper Powder
3 tablespoons Chicken Stock
1 tablespoons Black (dark) Soy Sauce
1 tablespoon Fish Sauce

Directions:

Heat the cooking oil in a wok and stir-fry the chicken until almost done. Remove and set aside.

Stir-fry cashews, onion, chilies and spring onions; make the sauce by adding the chicken stock, oyster sauce, and black soy sauce.

Replace the chicken and season with sugar, pepper powder, and fish sauce. Serve once the chicken is cooked.

Chef's Tip:

If you do not have cashew nuts on hand, use whole unsalted almonds or peanuts instead.

Fried Lettuce

Ingredients:

1 large lettuce
1 tblsp oil
2 cloves garlic
pinch of salt
1 tsp Vesop (this is a substitute for soy sauce)

Directions:

Wash and trim the lettuce and shake off excess moisture. Cut into four.
Heat the oil and fry the lettuce for 1 minute. Add the crushed garlic, salt and Vesop;
mix well and cook for another minute.

Fried Mock Oyster

(Bean curd and seaweed are shaped to resemble oysters in this tasty vegetarian dish.)

Makes 10

Ingredients:

1 bean curd sheet
1 large cake firm bean curd*
4 sheets seaweed (4 inches by 9 inches)**
3 dried mushrooms

Batter:

75 grams (1/3 cup) flour
15 grams (3 teaspoons) glutinous rice flour
3/4 tsp baking powder
1/2 tsp salt
110 ml (approximately 1/2 cup) water
1 1/2 tablespoons oil

Seasonings:

1/3 tsp salt
1/3 tsp sugar
1 tsp cornstarch
1/4 tsp MSG (optional)
sesame seed oil - a few drops
pepper - a few shakes or to taste

Flour Mixture (Glue):

2 tsp flour
2 tsp water
Oil for deep-frying

Directions:

Soak the dried mushrooms in warm water for between 20 - 30 minutes. Save the soaking liquid to use if desired. Cut off the stems. Dice.

Rinse and drain bean curd. Steam the mushroom pieces and bean curd for 8 minutes.

Take each sheet of seaweed and cut into shreds. Combine in a bowl with the steamed mushroom pieces.

Place the steamed bean curd in a bowl and add the salt, sugar, cornstarch, MSG, sesame seed oil and pepper. Mash and mix the ingredients with a fork.

Wipe the bean curd sheet with a damp cloth. Trim the edges and cut into 10 pieces.

Mix together the flour and water mixture until it forms a type of glue.

Mix together the batter ingredients. Use soaking liquid from the mushrooms in place of water if desired. Make sure the batter has no lumps.

To wrap: Lay out a bean curd square in front of you so that it forms a diamond. Place about a teaspoon of the mashed bean curd in the middle. Add a bit of the seaweed/mushroom mixture and top with another teaspoon of bean curd. Fold the bottom over the filling so that it forms a triangle. Fold over the top. Brush generously with the flour/water mixture, and fold over the left and right sides, brushing with more of the glue and pressing down on the edges to seal.

Heat wok on high heat and add oil. Coat about 4 or 5 of the wrapped bean curds in the batter and add to the wok, carefully sliding them in so the oil doesn't splatter. Deep-fry until golden brown (about 5 minutes), turning a few times during the cooking process. Drain.

Serve with Vegetarian Worcestershire sauce or seasoned salt.

*For a thicker wrap, increase the number of bean curd cakes and vary the amount of seasoning accordingly

**This is the roasted seaweed that is often used to make sushi, the popular Japanese appetizer.

To freeze: Prepare ahead of time up to wrapping the bean curd and seaweed/mushroom mixture. Freeze the wrapped pieces. When ready to cook, thaw, prepare the batter and deep-fry.

Fried Rice

Serves 3 to 5

Ingredients:

4 cups cold cooked rice
2 large eggs
1 teaspoon salt
1/2 teaspoon pepper
4 tablespoons canola, corn, or peanut oil
1/2 cup thinly sliced scallions or diced onion
1 teaspoon thick soy sauce*
1 cup fresh peas, parboiled, or thawed frozen peas
1 cup diced carrots, parboiled or thawed frozen carrots
1/2 cup diced cooked ham, chicken, turkey or pork
1 cup fresh bean sprouts

Directions:

Place the rice in a large bowl and use your fingers to break up any lumps. Set aside. Beat the eggs in a separate bowl with the salt and pepper. Set aside. Pour the oil into a wok or stir-fry pan and place the pan over medium-high heat. When the oil is hot but not smoking, add the scallions; they should sizzle. Stir for about 15 seconds. Stir the beaten eggs into the pan with a spatula and scramble until the eggs are dry and separate. Add the rice to the eggs and mix thoroughly. Pour the soy sauce evenly over the mixture. Add the peas, carrots, ham, and bean sprouts. Stir constantly until all the ingredients are well mixed and heated through. Serve the fried rice immediately.

*Available in Asian markets. You can substitute dark soy sauce, but you will need to add more than 1 teaspoon to get the same dark color.

Fried Rice Nutritional Breakdown per serving (based on 5 servings, and substituting soy sauce for the thick soy sauce): 384 calories (kcal); 15 g Total Fat (23 percent calories from fat); 11 g Protein; 51 g Carbohydrate; 82 mg Cholesterol; 711 mg Sodium; 4g Fiber. At three servings the calorie count per serving climbs to 640, with 38 percent calories from fat, and the sodium count jumps to 1185 mg.

Fried Rice Stuffing

(Because its delicious flavors are matched by such a striking presentation, this classic fried-rice recipe is a favorite at dinner parties all over Bangkok.)

Serves 4 to 6 as a side dish, or 2 as a one-dish meal

Ingredients:

Pineapple Fried Rice:

3 cups cold jasmine rice (khao hom mali) or any long-grain white rice

1 large pineapple (about 3 1/2 to 4 pounds)

1 1/2 tablespoons vegetable oil

10 cloves garlic, pounded to a mash or crushed and chopped

1/2 pound medium shrimp, cleaned and peeled

1 1/2 teaspoons curry powder

1 red bell pepper, diced

3 scallions, including the green tops, sliced

2 1/2 tablespoons sugar

1 1/2 tablespoons Thai fish sauce (nam pla)

Condiments:

1 1/2 tablespoons shrimp powder with chili (kung phrik pon)

1/3 cup roasted unsalted peanuts, crushed in a mortar or finely chopped

3/4 cup loosely packed chopped cilantro, including the stems

6 small Thai chilies (phrik khe nu) or 2 serrano chilies, minced

Directions:

Put the rice in a large mixing bowl and knead it gently through your fingers to separate the grains. Set aside.

Stand the pineapple up, and, keeping the leaves intact, cut a vertical slice off one side. This slice will become the "lid" for the finished dish of stuffed pineapple.

Lay the pineapple down, cut side up. Carefully hollow it out to remove the fruit, but leave the shell intact for stuffing. Set the shell and lid aside. Core the fruit and chop it into 1/2-inch cubes. You should have about 2 cups.

Place all of the stir-fry ingredients within easy reach of the cooking area.

Set a wok over medium-high heat. When it is quite hot, add the oil. Rotate the wok a bit so the oil coats the sides. When the oil is hot, add the garlic and stir-fry briefly, just until golden and aromatic. Add the shrimp and stir-fry just until they begin to turn pink, about 15 seconds. Add the pineapple and stir-fry for 2 minutes. Add the rice and stir-fry, pressing the rice down into the bottom of the wok. Turn the rice mixture over, press it down into the wok again, and stir-fry for 1 minute. Add the curry powder and stir-fry for 30 seconds. Add the sugar and stir-fry for 30 seconds. Add the fish sauce and stir-fry for 30 seconds. Turn off the heat.

Put the pineapple shell on a serving platter and lightly pack the fried rice into the hollow. Mound it at the top to create a rounded form. (If the fried rice doesn't all fit in the pineapple shell, keep the remainder warm in the covered wok).

Dust half the pineapple with some of the shrimp powder and sprinkle the other half with some of the crushed peanuts. Put the remaining shrimp powder and peanuts and the chopped cilantro and minced chilies, into small individual serving bowls.

Place the reserved pineapple lid alongside the pineapple.

Set out the platter of stuffed pineapple and all the condiments, and serve.

Fried Rice with Shrimp

Serves 3, or 4 - 6 as part of a meal

Ingredients:

4 cups cold cooked rice
4 ounces frozen uncooked shrimp, unshelled
4 ounces cooked ham, diced (or substitute cooked chicken, turkey, etc.)
2 eggs (more if desired)
1/2 cup green peas
1 medium onion
1 green onion

Seasonings (Add according to directions or to taste)

1 tablespoon Soy Sauce
1 tablespoon Oyster Sauce
1 teaspoon salt
pepper
cornstarch mixed with water

Oil for stir-frying

Directions:

Prepare vegetables and meat - shell and devein shrimp, dice the ham, onion, and green onion. Beat the eggs lightly with chopsticks, add a dash of salt, and mix.*
Heat wok and add oil. When oil is ready, pour 1/2 of the egg mixture into the wok and cook over medium heat, turning over once. Cook the other half the same way. Cut the egg into thin strips, and save for later.

Add the seasonings to the shrimp, mixing them in with chopsticks.

Stir-fry the onion and shrimp on high heat for a few moments, remove and set aside.

Do the same for the green peas, and then the ham.

Add oil, turn the heat down to medium and stir-fry the rice. Add a bit of soy and oyster sauce if desired. Add the other ingredients except the egg and green onion and combine thoroughly. Serve the fried rice with the strips of egg on top and the green onion as garnish.**

*You can also add a bit of oyster sauce if desired.

**Alternately, you can mix the green onion and egg in with the other ingredients.

Fried Won Tons

30 - 35 Won Tons

Ingredients:

1 package wonton skins, about 30-35

Won Ton Filling:

3/4 pound ground pork*

2 tablespoons finely chopped ham or prosciutto

1 tablespoon dark soy sauce

1 1/2 tablespoons finely chopped scallions

2 teaspoons finely chopped ginger

1 teaspoon sesame oil

1 egg, lightly beaten

1/2 teaspoon cornstarch

1 teaspoon sugar

1 small bowl filled with water to moisten wrappers

2 cups oil for deep-frying

Directions:

Combine all the filling ingredients in a bowl and stir to mix together well.

Take one won ton wrapper and place it on a working surface in a diamond shape - in other words with the corners up, down, left and right. Place 1 teaspoon of filling in the middle of the won ton skin. Press the skin around the filling to seal it in.

Moisten your fingers and wet the bottom corner, then fold the top corner over so that it meets the bottom corner. Press down to seal. Then moisten the left corner and bring it over to meet the right corner. Press to seal. Moisten the edges and pinch them closed. A properly made won ton is commonly described as resembling a nurse's cap.

Deep-frying: Heat the wok and add oil. Add the won tons, a few at a time, sliding them in carefully. Deep-fry the won tons in batches until they are golden brown, turning to make sure they brown evenly. Drain on paper towels or a tempura rack if you have one on the wok. As with egg rolls, won tons should be served as soon as possible to ensure they remain crispy. Serve with [Sweet and Sour sauce](#).

Variations

*You can substitute other meat, such as chicken or ground veal.

**For the filling, add a few fresh water chestnuts, peeled and thinly sliced

Gado Gado Salad with Peanut Dressing

(You'll often find this dish served in Indonesian restaurants.)

Serves 6

Ingredients:

Salad

2 hard boiled eggs, peeled and sliced
3/4 cup (6 ounces) cabbage, shredded
3/4 cup (6 ounces) green beans, sliced
3/4 cup (6 ounces) carrots, sliced
3/4 cup (6 ounces) cauliflower, chopped
1 cup (8 ounces) bean sprouts
1/2 cucumber, sliced
2 red potatoes, cut into wedges

Peanut Dressing:

1/2 cup chunky peanut butter
3/4 cup coconut milk (thicker or thinner depending on your own preference)
1 teaspoon chili paste (or substitute Tabasco sauce if desired)
1 1/2 tablespoons brown sugar
1 1/2 teaspoons ginger, minced
1 clove garlic, minced
1/4 cup onion, diced
1/8 cup chopped cilantro
1 tablespoon fish sauce (or substitute light soy sauce if desired)

Directions:

Bring a large pot of water to boil. Blanch all of the salad ingredients with the exception of the egg and cucumber. To blanch: plunge the vegetable briefly in the boiling water, then plunge into cold water. This leaves the vegetables nicely crisp and neither too firm or limp. Drain the vegetables and organize on the serving dish as desired. (For a more colorful arrangement, start on the outside of the platter and work inwards, arranging the vegetables in a colorful pattern.) Top with the chopped eggs.

To make the dressing: Heat oil in a large pan or wok and quickly fry the ginger, garlic and onion on high heat until the garlic and ginger are aromatic (about 1 minute). Add the remainder of the ingredients with the exception of the cilantro, and either simmer on low heat or turn the heat off and cook for about 2 to 3 minutes until the peanut butter is melted. (For a creamier sauce, turn the heat off completely and cook for 2 - 3 minutes). If a thinner sauce is desired, add a bit of chicken stock or water. Stir in the cilantro. Serve the peanut dressing over the vegetables.

For an added touch, top with colorful flowers, edible if possible.

Garlic Chicken

(Stir-fried chicken breasts seasoned with garlic and chile paste.)

Ingredients:

1 pound boneless, skinless chicken breasts

Marinade:

1 tablespoon light soy sauce

1 tablespoon dry sherry

4 garlic cloves, finely minced

2 green onions, finely chopped on the diagonal

a few drops sesame oil

2 tablespoons light soy sauce

1 tablespoon dry sherry

1/4 teaspoon chili paste

Oil for stir-frying

Directions:

Cut the chicken into bite-sized cubes. Place in a bowl, mix in the marinade ingredients and marinate for about 30 minutes. While the chicken is marinating, prepare the green onions and garlic. Combine the sesame oil, light soy sauce, sherry and chili paste in a bowl and set aside.

Heat wok and add oil. When oil is ready, add the marinated chicken. Stir-fry briefly on high heat, then add the garlic and green onion. Add the remaining ingredients and combine (total cooking time should be about 5 minutes). Serve hot with rice.

Cook's Notes: I make Garlic Chicken at home as a main dish, so the ratio of meat is higher than many Chinese recipes. Sometimes I will even use 500 grams of chicken breasts, adjusting the seasonings slightly and stir-frying the chicken in two batches so as not to overcrowd the wok. I like to serve this dish with Stir-fried baby corn and rice, and perhaps a bit of green onion and fresh tomatoes for garnish.

Garlic Scallops

Serves 4

Ingredients:

375 g/12 ounces scallop meat
half a small capsicum*
1 teaspoon finely chopped garlic
1 tablespoon light soy sauce
1 tablespoon oyster sauce
1 tablespoon dry sherry
1 teaspoon cornflour (cornstarch)
1 tablespoon cold water
2 tablespoons peanut oil for stir-frying
1 teaspoon sesame oil
shredded lettuce for garnish

Directions:

Remove any dark streaks on the scallops. Dice the capsicum. Crush or finely chop the garlic. Mix together the soy sauce, oyster sauce, and sherry. Mix cornflour with cold water in a separate container and have all the ingredients assembled before starting to cook.

Heat wok, add peanut oil and heat again for 30 seconds, then swirl to spread oil. On low heat, fry garlic for a few seconds, stirring. Do not let it brown or it will taste bitter. Increase heat, add capsicum and stir-fry for 1 minute. Add scallops and stir-fry for 30 seconds. Do not over-cook scallops or they will shrink and toughen. Pour in the mixed seasonings, stir in the cornflour mixture and continue stirring until the sauce boils and thickens slightly. Sprinkle sesame oil over, garnish and serve at once with rice.

*Sweet or mild peppers such as bell peppers.

Garlic-Stewed Sparerib Nuggets

(This is one of my cold-weather favorites - a cozy, northern style potful of sparerib nuggets, garlic and Chinese black beans, stewed for hours until the meat falls from the bones and the sauce turns rich and ambrosial.)

Serves 4 - 5 as a main course, 6 - 10 as part of a multicourse meal

Ingredients:

2 1/2 pounds lean, meaty spareribs, trimmed of extraneous fat and meatless bone (weight after trimming), cut crosswise through the bone into 1 - 1 1/4 inch nuggets on a butcher's electric saw (see directions below if you need to cut them yourself)
2 tablespoons corn or peanut oil

Seasonings:

3 1/2 tablespoons Chinese fermented black beans
5 - 6 large, hard cloves garlic, stem end removed, lightly mashed and peeled
2 tablespoons regular (not dark or thick) soy sauce
2 teaspoons sugar
1 cup hot water

Optional Aromatics:

1/2 - 3/4 teaspoon dried red chili flakes
3 - 4 tablespoons thin-cut green and white scallion rings

Preparations:

If you are preparing the spareribs at home, first cut off the flap of lean meat that is usually attached to the upper back of the rack. Trim off any fat, then cut the meat into 1 1/4 inch squares and put them aside. Divide the rack into individual spareribs and trim off extraneous fat. Chop the ribs one at a time through the bone into 1 1/4 inch nuggets, putting the rib curved side down on a sturdy cutting surface and chopping with a heavy, thick-bladed cleaver designed to chop through bones. Do not use your thin-bladed, everyday Chinese cleaver for this task. The bones will nick it badly. To chop, grip the cleaver handle securely and chop forcefully and snappily so the bones cut cleanly without shattering. Keep your free hand safely out of the way, pausing in between chops to straighten the rib if it spins out of place. Once cut, combine with the squares of lean meat.

If your butcher has already cut the rack through the bone into long strips, trim them of extra fat and divide each strip into individual nuggets.

Trimmed and cut, the spareribs nuggets may be sealed airtight and refrigerated up to a full day before stewing.

Making the Stew:

Chop the black beans coarsely. Do not wash them. The salt on the beans has been counted into the seasonings for the stew. Combine the black beans, garlic, soy, sugar and water, stirring to dissolve the sugar. Have all the ingredients within easy reach of your stovetop.

Heat a heavy, deep skillet or stockpot over high heat until hot enough to evaporate a bead of water on contact. Add the oil and swirl to glaze the bottom and lower sides of the pot. If you are adding the chili and scallion, test the oil with a single piece of scallion. When it foams, add the chili and scallion to the pan and stir gently until fragrant, 10 - 15 seconds, adjusting the heat so they foam without scorching. Then add the ribs to the pot. If you are cooking the ribs plain, wait until the oil is hot enough to sizzle a single sparerib nugget, then add the spareribs to the pan.

Toss the ribs briskly until they are no longer pink, about 4 minutes, adjusting the heat so they sizzle heartily without scorching. Give the seasonings a stir and add them to the pot. Raise the heat to bring the liquids to a boil, stirring to coat the ribs. Reduce the heat to a steady simmer, then cover the pot and simmer the spareribs for 40 - 45

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minutes. Lift the lid after several minutes to check the simmer. Stir midway through the stewing to redistribute the seasonings.

When done, turn off the heat and remove the pot from the burner. Hold the ribs in place with the lid, then tip the pot to pour the sauce into a heatproof bowl. If you have a fat separator, then degrease the sauce immediately. Otherwise, wait for the fat to rise, skim as much off as possible with a broad, shallow spoon, then refrigerate or freeze the sauce until the fat congeals and you can scoop it off.

Once the sauce is degreased, you may serve the ribs and the sauce directly or refrigerate them up to 3 - 4 days, sealed airtight.

To reheat the stew, I transfer the ribs and sauce to a Chinese sandpot, layer the top with roll-cut carrots or chunky broccoli flowerets, then heat it covered over a low heat 20 - 30 minutes until the vegetables are tender. I then serve the stew directly from the sand pot. If you do not have a sand pot, reheat the stew over moderate heat in a heavy pot, and serve it in a warm serving bowl of contrasting color.

Set the table with Chinese porcelain spoons or soup spoons so that everyone can drink greedily of the sauce. An empty bowl for bones is also useful. If you are eating the stew Chinese-style, you will suck on the cut ends of the bones and garner every delicious drop of sauce. Leftovers may be refrigerated for several days and reheated a second time.

General Tso's Chicken

(This authentic Hunan dish became known as "chung tong gai" or "ancestor meeting place chicken.")

Serves 4 - 6

Ingredients:

1 large egg, beaten
1/4 teaspoon salt
Pinch freshly ground white pepper
2 tablespoons cornstarch
2 large chicken legs with thighs, each 3/4 pound, boned and skinned, fat and membranes removed, and cut into 1-inch cubes

For the sauce

2 1/2 tablespoons dark soy sauce or mushroom soy sauce
1 teaspoon minced garlic
1 tablespoon minced fresh ginger
2 tablespoons hoisin sauce
3 teaspoons sugar
3 teaspoons Chinese white rice vinegar or distilled vinegar
1 1/2 teaspoons Shao-Hsing wine or dry sherry
1 tablespoon cornstarch, for dusting
8 small dried hot chili peppers
1/4 cup finely sliced scallion

3 1/2 cups peanut or cooking oil for deep-frying and stir-frying

Directions:

1. In a bowl, mix together the egg, salt, and pepper, and 2 tablespoons cornstarch. Add the chicken cubes, mix to coat, and marinate for at least 15 minutes. In a small bowl, combine the sauce ingredients and reserve.
2. Heat a wok over high heat. Add oil and heat to 350 degrees Fahrenheit. With tongs, remove the chicken cubes individually, dust with 1 tablespoon cornstarch, and place in the oil. Deep-fry for 1 1/2 to 2 minutes, until the chicken is browned and crisp. Turn off the heat. Remove the chicken with a Chinese strainer and drain over a bowl. Pour off all but 1 1/2 tablespoons of the oil from the wok.
3. Heat the wok over high heat for 20 seconds. When a wisp of white smoke appears, add the chilies and stir for 15 seconds. Add the scallion and stir for 30 seconds. Add the chicken and cook, stirring, for 1 minute. Stir the sauce mixture, pour into the wok, stir well, and cook until the chicken cubes are completely coated with sauce, about 1 1/2 minutes. Turn off the heat, transfer to a heated dish, and serve.

Ginger Beef

(The staple dish of Chinese take-out restaurants)

Ingredients:

1 pound beef (rouladen)
1 celery stalk
1 carrot
3 hot chili peppers
2 Tbsp fresh ginger, minced
2 cloves garlic, minced
1 tsp sesame oil

Marinade:

2 Tbsp dark soy sauce
1 Tbsp cooking wine
1 tsp sugar
2 Tbsp ginger juice

1 egg white, lightly beaten
1/4 cup water
1/4 cup flour
1/4 cup cornstarch
1 Tbsp hot chili oil (optional)

Sauce:

1 Tbsp wine
2 Tbsp light soy sauce
1 Tbsp vinegar
4 Tbsp sugar (can substitute brown sugar or honey, if desired)
1/2 tsp sesame oil
2 Tbsp water
chili oil or chili powder to taste

4 to 5 cups oil for deep-frying

1 Tbsp oil for stir-frying

Directions:

Cut beef into matchstick strips, cutting along the grain. (The meat is easier to cut if it is partially frozen).

To make ginger juice for marinade, peel and grate ginger. Squeeze out juice.

Mix four marinade ingredients. Add to beef and marinate for 30 minutes.

Begin preparing vegetables. Cut carrots, celery, and pepper into thin strips. Mince garlic. For ginger, use the leftover minced ginger from the preparation of ginger juice. Mix the sauce ingredients. Set aside.

Beat the egg white and add water. Add flour and cornstarch. Mix the batter thoroughly. Drop the batter into the marinated meat.

Heat wok. When heated, add 4 - 5 cups of oil. When the oil is ready, add about 1/4 of the meat/batter mixture. Deep-fry the beef until golden brown. Remove and set aside. Let oil come back to original temperature and add more meat.

When meat is cooked, clean the wok. Heat and add 1 tablespoon oil. When oil is ready, add the vegetables and begin stir-frying. Pour in the sauce and let come to a boil. Add the deep-fried beef. Toss quickly, and remove.

Sprinkle with sesame oil and serve hot.

Ginger Ice Cream

(Although ice cream never caught on in China, ginger ice cream is a popular dessert in Chinese restaurants.)

Yields about 1 1/2 pints

Ingredients:

For the ginger syrup:

1/3 cup water

1/4 cup sugar

2 1/2 - 3 packed tablespoons food-processor-minced or grated, peeled fresh ginger

Milk mixture:

1 cup whole milk

2 tablespoons sugar

2 teaspoons finely minced ginger in syrup (available at Asian markets), drained before mincing

Custard mixture:

3 large egg yolks

1/4 cup sugar

1 cup heavy (whipping) cream

1/2 - 3/4 teaspoon freshly squeezed, strained lemon juice

Directions:

To make the syrup, heat the water and 1/4 cup sugar in a small saucepan over medium heat, stirring to dissolve the sugar. When the sugar is dissolved, add the fresh ginger. Stir to disperse, then bring the mixture to a boil over medium-high heat. Reduce the heat and simmer the syrup uncovered for 5 minutes. Remove the pan from the heat.

In another pan combine the milk, 2 tablespoons sugar, and the minced preserved ginger. Stir over medium heat until the milk comes to a scalding temperature, just short of a simmer, then remove the pan from the heat. Scrape the fresh ginger syrup into the milk mixture, and stir well to blend. Cover and steep 20 minutes to infuse the milk.

In a small bowl beat the egg yolks and 1/4 cup sugar until the mixture is pale yellow, thick, and falls in ribbons from the beater.

Put the heavy cream in a medium-size bowl. Nest the cream bowl in a larger one lined with ice cubes and place in a large, fine mesh strainer alongside.

When the steeping time is up, bring the milk mixture to scalding again, stirring. Slowly add 1/4 of the scalded milk to the egg mixture, whisking constantly to temper the eggs, then pour the egg mixture back into the remaining milk, continuing to whisk. Cook over moderate heat, whisking slowly but steadily until the mixture reaches the custard stage, thick enough to coat and cling to the back of a spoon, 180 degrees on an instant-reading thermometer. Do not let the mixture boil lest the eggs scramble.

Immediately pour the custard through the strainer and into the bowl of cream set over ice. Scrape the pot clean, then slowly stir the liquid trapped in the strainer in order to coax it through the mesh. Press firmly and repeatedly on the ginger to extract all the

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liquid, then finally scrape the bottom of the strainer to claim every last drop for the cream. Discard the ginger solids. Allow the cream mixture to cool completely, stirring occasionally.

Once cool, the mixture may be sealed airtight and refrigerated for 1 - 2 days before freezing.

Freezing the cream:

Just before freezing, adjust the mixture with 1/2 - 3/4 teaspoon fresh lemon juice, stirring and tasting after every several drops just until the ginger flavor is perceptibly heightened by the lemon.

Freeze in an ice cream maker according to the manufacturer's instructions. When the freezing process is completed, pack the ice cream into a clean plastic container, poking deep into the mixture, then pressing it with a spoon or spatula to eliminate any air bubbles. Press a piece of plastic wrap directly on the surface of the ice cream to prevent the formation of ice crystals, then return the mixture to the freezer for at least 2 hours to firm up and "ripen."

If frozen solid, allow the ice cream to soften slightly in the refrigerator before serving. For the full flavor and bouquet, it should be eaten slightly soft.

Serve the ice cream unadorned in well-chilled goblets or bowls.

The ginger flavor is keenest for the first 24 hours. It is still sprightly after 2 days, but then gradually begins to fade.

Ginger-Soy Fried Flounder

Prep: 10 min, Cook: 5 min.

Ingredients:

- 1-1/4 lbs. flounder or sole fillets, cut into 1x2 inch squares, patted dry
- 1/3 cup cornstarch
- 2 egg whites
- 1/8 tsp. black pepper
- 2 Tbs. plus 2 tsp. peanut oil
- 1-1/4 tsp. ground ginger, or 1-1/4 tsp. fresh, peeled and finely minced
- 2/3 cup mushrooms, thinly sliced
- 2/3 cup scallions, chopped
- 1 Tbs. plus 1 tsp. tamari or soy sauce

Directions:

Combine fish squares and cornstarch in a bowl. Toss to coat. Beat egg whites and black pepper until foamy. Dip coated fish pieces into egg white mixture. Heat oil in a heavy nonstick skillet or wok over medium high heat. When oil is very hot, fry coated fish 3-4 minutes, a few at a time, until golden. Remove with a slotted spoon, drain on paper towels and keep warm. Discard all but 1-1/4 tsp. oil. Stir-fry ginger, mushrooms and scallions 1-2 minutes in same wok or skillet. Stir in soy sauce. Serve fish with sauce.

Per serving: calories 311, fat 11.8g, 34% calories from fat, cholesterol 101mg, protein 38.1g, carbohydrates 12.6g, fiber 0.9g, sugar 1.1g, sodium 514mg, diet points 7.5.

Dietary Exchanges: Milk: 0.0, Vegetable: 0.4, Fruit: 0.0, Bread: 0.7, Lean meat: 0.0, Fat: 1.8, Sugar: 0.0, Very lean meat protein: 0.2

Golden Meat-Filled Coins

(Talk about a quick way to make some dough! Round, golden and full of flavor, these pan-fried dumplings with a rich meat filling symbolize wholeness and good fortune.)

Ingredients:

- 2-1/4 cups all-purpose flour
- 1/2 cup boiling water
- 1/3 cup cold water

Filling:

- 1/2 pound lean ground chicken, beef, or pork
- 3 tablespoons chopped green onions
- 1 tablespoon minced ginger
- 1/4 cup chicken broth
- 1 tablespoon soy sauce
- 1 tablespoon oyster flavored sauce
- 2 teaspoons sesame oil
- 1/2 teaspoon sugar
- 1/4 teaspoon white pepper
- 4 tablespoons cooking oil

Directions:

1. Place flour in a bowl. Add boiling water, stirring with chopsticks or a fork. Gradually stir in cold water, mixing until dough holds together. On a lightly floured board, knead dough until smooth and satiny, about 5 minutes. Cover and let rest for 30 minutes.
2. Combine filling ingredients in a bowl; mix well.
3. On a lightly floured board, roll dough into a cylinder, then cut into 18 portions. To make each coin, roll a portion of dough into a 3-1/2-inch circle about 1/2-inch thick; keep remaining dough covered to prevent drying.
4. Place a rounded tablespoon of filling in center of dough. Gather edges of dough around filling; pinch to seal. Roll filled dough into a ball; flatten with the palm of your hand until 1/2-inch thick.
5. Place a wide frying pan over medium heat until hot. Add 2 tablespoons oil, swirling to coat sides. Add coins, half at a time, and cook until golden brown on both sides, 3 to 4 minutes on each side.

Governors Chicken

Ingredients:

2 Tablespoons Fire in the Hole Habanero Hot Sauce*
2 Tablespoons diced garlic
1 Teaspoon sesame oil
1/2 Teaspoon salt
1/4 Cup dry sherry
1 Tablespoon soy sauce
3 Tablespoons corn starch
2 Chicken
1/2 Cup each diced red onion, thinly sliced carrots, sliced mushrooms
1 Cup each sliced Napa cabbage and fresh Chinese peapods
1/4 Cup chicken stock
1/2 Cup oyster sauce

Peanut oil for deep-frying and stir-frying

Directions:

Mix hot sauce, garlic, sesame oil and salt and grind into a paste with a mortar and pestle. Let this mixture stand at room temperature for 2 hours. Combine this paste, sherry, soy and corn starch. Mix well. The consistency should be about like very heavy cream. Add the chicken and stir to coat. Let marinate overnight. Add peanut oil to a wok (or other pan). Heat until about 350 degrees, then add pieces of chicken, four or five at a time, and deep-fry until brown. Drain and transfer to a warm platter. Repeat until all the chicken is cooked. In a second wok or saute pan, stir-fry the carrots and onion in a little peanut oil until the onion begins to become transparent. Add the mushrooms and stirfry for 2 minutes. Add the Napa, peapods and chicken stock. Reduce heat and cover. Cook 1 minute and remove from heat. Let steam 3 minutes. Add oyster sauce and chicken. Stir to mix and serve immediately.

*This sauce is a specialty of J.J.Pepper, the creators of this recipe. If unavailable, you can substitute chile paste, available at most Asian markets (chili paste is also known as Hot Sauce).

Green Dumplings

Serves 6 - 8

Ingredients:

1 1/2 pounds bok choy or Shanghai bok choy
1/2 cake firm tofu
2 egg whites
4 scallions, minced
2 teaspoons soy sauce
1 teaspoon minced garlic
1 teaspoon minced ginger
1/4 teaspoon sesame oil
2 dozen gyoza wrappers (or wonton wrappers cut into circles)

Directions:

1. Steam or microwave bok choy until wilted. Let cool, then drain and chop finely. Press out any excess liquid.
2. In a food processor, puree tofu with the egg whites. Add to bok choy. Add scallions.
3. Combine remaining ingredients, except gyoza wrappers. Add to bok choy mixture, mixing well. Place about two teaspoons of filling in the centre of each gyoza wrapper. Draw dough up and pinch together at three points to form a triangle, leaving middle of filling exposed.
4. Arrange on a heatproof plate or steamer tray and steam over boiling water until cooked through, about 4 minutes.

Green Tea Cakes

(The tea called for here is matcha, powdered green tea used in the Japanese tea ceremony. It is unnecessary to buy the highest-grade tea for this recipe).

1 dozen petits fours

Ingredients:

4 eggs + 1 egg yolk, divided
1/2 cup sugar
1/3 cup cake flour
2 tablespoons cornstarch
2 tablespoons powdered green tea
1/8 teaspoon cream of tartar
confectioners' sugar
6 tablespoons almond paste
1 cup heavy cream
4 teaspoons superfine sugar

Directions:

Preheat oven to 450 degrees Fahrenheit.

With an electric mixer, beat 2 whole eggs, 3 egg yolks, and 7 tablespoons sugar together until thick and tripled in volume, about 5 minutes.

Sift together flour, cornstarch, and 1 tablespoon green tea. Sift mixture onto beaten eggs and fold in. Beat egg whites with cream of tartar until soft peaks form. Beat in remaining 1 tablespoon sugar until stiff. Fold into batter.

Spread batter in a shallow 11 x 7" pan that has been greased and lined with greased and floured wax paper. Bake until lightly browned and springy to touch.

Loosen edges of cake. Sprinkle with confectioners' sugar, then cover with a kitchen towel and invert onto a flat surface. Let cool. Using a biscuit cutter or other decorative cutter, cut out 24 pieces of cake.

Knead almond paste with 1 teaspoon green tea. Roll out thinly between sheets of plastic wrap. Using a small cookie cutter, cut out 12 decorative shapes.

Gradually whisk heavy cream into superfine sugar and remaining 2 teaspoons green tea, then beat until not quite stiff.

To assemble cakes, sandwich two cake layers with about 1/4" green tea whipped cream. Frost top and sides with whipped cream and decorate with almond paste cutouts. Chill until serving.

Gyoza - Japanese Potstickers

It's not well known that gyoza originated in China. Gyoza are also known as Japanese potstickers - it's very difficult to eat just one!

Serve 8 (as an appetizer)

Ingredients:

2/3 pound ground pork
1 cup chopped cabbage
2 scallions, minced
1 egg
1 tablespoon soy sauce
1/2 teaspoon chili oil
40 gyoza wrappers*
2 tablespoons oil
nonstick pan spray
1 cup water

* If gyoza wrappers are not available, cut wonton wrappers into circles.

Directions:

Combine first 6 ingredients for filling. Fill each gyoza wrapper with 1 teaspoonful of pork mixture. Fold both sides up to form a semicircle, pinching the corners and pleating the top to seal.

Heat 1 tablespoon oil in a large skillet sprayed with nonstick pan spray. Arrange half the gyoza in the hot pan in close rows. Fry over medium heat 2 minutes, until the bottoms are golden.

Add 1/2 cup water. Cover pan immediately and cook 3 minutes, until wrappers are translucent. Uncover and continue cooking until the bottoms are crisp and the pork is cooked through.

Repeat process with remaining gyoza.

Serve gyoza with a dipping sauce made of soy sauce mixed with Worcestershire sauce to taste.

Hainanese Chicken Rice

Serves 4

Ingredients:

Chicken:

- 1 whole chicken, about 3 pounds
- 1 teaspoon salt
- 2 cloves garlic, peeled
- 4 slices fresh ginger, peeled
- 4 scallions, trimmed
- about 12 cups water
- 2 tablespoons Oriental (dark) sesame oil
- sliced tomatoes (garnish)
- sliced cucumbers (garnish)
- cilantro sprigs (garnish)

Directions:

Wash chicken and remove excess fat. Rub the inside of the cavity with salt. Smash garlic and ginger slightly with the flat of a knife. Tie scallions into a knot. Place garlic, ginger, and scallions inside the chicken cavity.

Bring water to a boil in a pot large enough to hold the chicken. Add chicken, breast-side down. Simmer, covered, 30-40 minutes, turning chicken halfway through the cooking process, until chicken tests done (juices from thigh should run clear when pricked with a fork).

Carefully remove chicken, draining liquid from body cavity back into the pot. Reserve the stock to make chicken rice. Plunge the chicken into ice water for 5 minutes to stop the cooking process and tighten the skin. Drain, rub with sesame oil, and let cool to room temperature.

To serve, chop chicken into bite-size pieces (the Chinese do this bone and all) and arrange on a platter. Garnish with sliced tomatoes, cucumbers, and cilantro sprigs.

Ham-Stuffed Pastries

(A savory appetizer made with smoked ham)

Ingredients:

Filling:

250 g (8 ounces) Yunnan or other smoked ham, not sliced but in one piece
100 g (3 1/2 ounces) green or spring onions, sliced on the diagonal
2 teaspoons sugar
2 teaspoons sesame oil

Pastry:

500 g (1 pound) plain flour
6 tablespoons cooking oil
2 teaspoons sesame oil
approximately 1 1/2 cups warm water

2 cups oil for deep-frying

Directions:

Pre-preparation: None. A fully cooked smoked ham does not need soaking.

Steam the ham for 30 minutes. Allow to cool, and then mince, cutting the meat into tiny pieces.

In a large bowl, combine the minced ham with the green onions, sugar, and sesame oil.

To make the pastry, place the flour, cooking oil, and sesame oil in a large bowl. Mix with an electric mix or by hand with a wooden spoon, slowly adding the warm water. Knead the ingredients together until you have a pliable dough. Separate into two equal portions.

On a floured work surface, roll out each half of dough until it is about 1/4 inch thick.

Cut the dough into 3-inch squares. Place a tablespoon of filling in the center, and wrap in an envelope shape. Press the edges to seal firmly.

Heat wok and add oil for deep-frying. Carefully slide in a few of the pastries at a time. Deep-fry until they turn golden and crispy, turning once. Drain on paper towels. Cool and serve.

Hand-Pulled Noodles

Ingredients:

6 cups pastry flour
1 1/2 cups regular enriched flour
3 1/2 cups water

Directions:

1. Combine the two flours in a large bowl and slowly add water. Mix well and knead to a smooth dough. Cover with a wet towel and refrigerate overnight.
2. The next day, remove from the refrigerator and knead for about ten minutes until smooth and elastic.
3. Roll the dough into a long cylinder, 2 to 3 inches round.
4. Holding on to each end of the dough, raise the dough above your head and with a wrist-snapping motion, whack it against the work surface. Fold the dough in half after each whack.
5. Repeat this process several times, being sure to lightly flour the surface to prevent the dough from sticking. This beating action relaxes the gluten and continually stretches the dough.
6. The dough is now ready for pulling and stretching. Holding both ends of the dough, pull and stretch and quickly fold the two ends together. Continue the pull-stretch-fold technique each time increasing the number of threads, until you end up with many whisker-fine strands of dough.
7. The stretched noodles are boiled approximately 3 minutes, and drained in preparation for your recipe.

Happy Union

Serves 4

Ingredients:

1/3 cup chicken broth
2 teaspoons oyster sauce
1 1/2 teaspoons soy sauce
1 teaspoon Chinese rice wine or dry sherry
1 teaspoon sesame oil
1 tablespoon oil
1/2 pound shrimp, shelled
2 slices ginger
1 clove garlic
2 skinless, boneless chicken breast halves, sliced crosswise in 1/2" slices
1 bunch bok choy, cut in 1-1/2" pieces, blanched
1 tablespoon cornstarch
1 tablespoon water

Directions:

1. Combine first 5 ingredients for sauce.
2. Heat half the oil in a wok. Add shrimp and stir-fry until pink. Remove.
3. Heat remaining oil. Add ginger and garlic and stir-fry until golden. Discard. Add chicken and stir-fry until opaque. Add bok choy and stir-fry 1 minute.
4. Add sauce and bring to a boil. Return shrimp to wok and mix well.
5. Dissolve cornstarch in water and add to wok, stirring and cooking to thicken sauce.

Har Gow

(These are the steamed shrimp dumplings that become opaque or translucent after steaming.)

Yield: 24 dumplings

Ingredients:

Har Gow Dough:

2 TB Potato starch
1 cup Wheat starch
1/4 tsp Salt
1/2 cup boiling water, plus 3 TB Boiling water
1 tsp Lard

Filling:

Wheat starch for dusting
1/2 lb Raw shrimp, peeled and -chopped
1/4 lb Precooked salad shrimp, -chopped
2 ounces Pork fat, chopped fine
1/4 cup Bamboo shoots, chopped
1/4 tsp Ground white pepper
1/4 tsp Grated fresh ginger
1/2 tsp Salt
1/2 tsp Sesame oil
1 TB Chopped green onion
1 Egg white
1 TB Dry sherry
1 TB Cornstarch

Directions:

Place all filling ingredients in a bowl and mix well, by hand until the ingredients form a smooth and rather firm stuffing. This will take about 2 minutes.

Dough: Measure both starches and salt into a small mixing bowl. Quickly pour the boiling water into the starches while stirring with chopsticks until you get a partially cooked dough. Do not overwork the dough. Quickly add the lard in little pinches and then knead until smooth. When the dough is smooth, after about 2 minutes' kneading, cover it with the mixing bowl and allow it to rest for 15 minutes before shaping. To shape the dumplings, pull just a bit more than 1 tsp of dough from the ball. Keep the remainder of the dough covered with the bowl. Roll the small amount into a ball and place onto a floured marble board. Roll out into a circle about 3 inches in diameter. Place 1 t of the shrimp filling in the center of the circle of dough and fold over into a half-moon. Use a tiny bit of water for sealing the edges. Be sure to gently press out all the air. If you wish, you can form little pleats in the dough for added decoration. Steam on an oiled bamboo steaming rack for 12 minutes.

Hawaiian Luau Barbecued Beef Ribs

(Grilled beef short ribs with a spicy marinade: a recipe by the winner of the 1980 Nevada State Chili Contest.)

Yield: 2 2/3 cups sauce

Serves 4 to 6

Ingredients:

1 cup soy sauce
6 tablespoons dark brown sugar, packed
1 cup water
2/3 cup dry sherry
2 teaspoons pure ground hot red chile, or to taste
2 teaspoons five-spice powder
3 teaspoons minced fresh ginger
2 teaspoons minced garlic
4 to 6 pounds beef short ribs

To Prepare the Sauce:

In a small saucepan combine all the ingredients through the garlic. Cook over medium heat to dissolve the sugar, but do *not* boil. Remove the marinade from the heat and let it cool. Set it aside until you are ready to marinate the ribs.

To Barbecue the Ribs:

Two hours before your barbecue, spread the ribs out in a roasting pan, large enough to hold them in a single layer. You may need to divide the meat between two pans. Pour the sauce over the ribs, making sure all the meat is well covered. Turn and rub the ribs with sauce several times during the marinating period. It is not necessary to refrigerate the ribs.

When the fire is ready, position the rack 3 inches above the heat source.

Remove the ribs from the marinade and reserve the marinade in a bowl or pitcher, including any excess scraped off the ribs.

Place the ribs on the grill and sear for 10 minutes each side.

Spoon on the reserved marinade a little at a time after each turn. Cook for 5 minutes, then turn and baste the second side.

Continue turning and basting every 5 minutes until the ribs are done, 30 to 40 minutes. The meat should be slightly pink on the inside and crusty brown on the outside.

Serving Suggestions:

Serve Hawaiian style surrounded by flowers and orange wedges or by pineapple slices. Accompany the ribs with rice molds (below). A fresh fruit salad tops off this perfect barbecue.

To Make Rice Molds: Make rice molds by simply pressing cooked rice into 1/3-cup-size buttered ramekins, then steaming them in an inch of water for about 10 minutes before unmolding and serving. You could also add some of the marinade to the unmolded cooked rice plus 2 tablespoons each of chopped Bermuda onion and slivered toasted almonds. Garnish each portion of rice with minced parsley after you unmold it.

Hoisin Dipping Sauce

Serves 4

Ingredients:

1 clove garlic, minced
2 teaspoons oil
1/2 cup hoisin sauce
3 tablespoons water
1 tablespoon soy sauce
1/4 teaspoon (or more) hot sauce or red pepper flakes
2 tablespoons chopped peanuts (extra for garnish for [summer rolls](#))

Directions:

Saute garlic in oil until fragrant.

Stir in remaining ingredients except peanuts. Remove from heat and let cool. Divide among individual bowls. Sprinkle with peanuts.

Honey Beef Stir-fry

Serves 4

Ingredients:

1 lb flank steak

Marinade:

1 TB Chinese Rice Wine or dry sherry

2 tsp oyster sauce

1/2 tsp sugar

1 tsp cornstarch

Sauce:

1/2 cup water

3 TB liquid honey

1 1/2 tsp black rice vinegar

1 tsp cornstarch mixed with 4 tsp water

1 small red pepper

10 snow peas

1 cup mung bean sprouts

1 tsp chopped garlic

1 tsp chopped ginger

1 green onion

4 - 6 TB Oil for stir-frying

Directions:

Cut the beef across the grain into thin strips, approximately 2 inches long. Add the marinade ingredients, using your fingers to mix them in and adding the cornstarch last. Marinate the beef for thirty minutes.

While the beef is marinating, prepare the vegetables and sauce: Wash all the vegetables and drain thoroughly, particularly the mung bean sprouts. String the snow peas. Cut the red pepper in half, remove the seeds, and cut into thin slices approximately 2 inches long. Cut the green onion on the diagonal into 1-inch slices. Chop the ginger and garlic.

To prepare the sauce, combine the water, honey, and black rice vinegar. Mix together the cornstarch and water in a separate small bowl. Set both aside.

Preheat a wok or frying pan and add 2 - 3 tablespoons oil. When the oil is hot, add the beef. Sear the meat briefly and then stir-fry until it changes color and is nearly cooked. (Stir-fry in two batches if necessary). Remove and drain on paper towels.

Wipe the wok clean with a paper towel and add about 2 TB more oil. When the oil is hot, add the ginger and garlic and stir-fry until aromatic. Add the snow peas. Stir-fry briefly, and then add the red pepper, and finally the bean sprouts.

Make a well in the middle of the wok by pushing the vegetables up to the side. Add the sauce in the middle. Turn up the heat, give the cornstarch/water mixture a quick re-stir and add it to the sauce, stirring quickly to thicken. Mix the sauce in with the vegetables.

Add the beef. Turn down the heat and simmer for a few minutes until everything is cooked through. Stir in the green onion. Serve hot over rice.

Honey Garlic Barbecue Pork/Spareribs

In this recipe the pork is baked instead of roasted or broiled.

Ingredients:

3 - 4 pounds Boston pork butt and/or spareribs

Marinade-Sauce:

2 tablespoons hoisin sauce

1 tablespoon soy sauce

1 tablespoon oyster sauce

2 tablespoons honey

1 teaspoon salt

3- 4 garlic cloves, crushed

1/4 cup (approximately) liquid honey

Directions:

Cut the pork into strips that are 3/4 inches in length, trimming off part of the fat. Mix together well the marinade/sauce ingredients, and pour it over the pork. Marinate the pork at room temperature for 1 - 2 hours.

Line 1 or 2 cookie sheets (as needed) with aluminum foil, and place a cooking rack on each sheet. Place the pork on the rack and bake in a preheated oven at 350 degrees for 30 minutes.

Brush the pork strips with honey, and then turn them over and brush the other side with honey.* If there is any extra marinade brush it on as well. Bake for another 30 minutes.

If using spareribs, leave in large flat pieces, and marinate and cook the same way as the pork.

*If the pork isn't cooking quickly enough, you can broil them for about 5 minutes before turning them over.

Variations

For a more garlicky flavor, add extra garlic when brushing the pork with honey.

If you need a substitute for honey, try using brown sugar or corn syrup.

Honey Pear Ham

(This sweet and savory dish is popular in south-west China)

Serves 4 as part of a multicourse meal

Ingredients:

4 large pears, peeled and cut into six pieces

1/2 pound cooked Smithfield ham, sliced thinly into slices 2 inches long and 1-inch wide

1/2 cup rock sugar

Sauce:

3 tablespoons cornstarch

2 tablespoons sugar

2 tablespoons honey

3/4 cup water

2 - 4 cups oil for Deep-Frying

Directions:

Lay the ham slices out in a flat, heatproof dish. Mix together the sauce ingredients.

Heat the wok and add oil for deep-frying. When oil is ready, add the pears and deep-fry briefly (for about 30 seconds). Carefully remove the pears and drain on a tempura rack or paper towels. Lay the pears on top of the ham slices.

Sprinkle the rock sugar over the ham/pear mixture. Steam the ham for about 25 minutes.

When the ham is nearly finished steaming, give the sauce ingredients a quick re-stir, place in a heavy bottomed pot and heat to a boil. Stir to thicken.

Place the ham on a serving platter and pour the sauce over. Serve immediately.

Honey Sesame Tenderloin

Ingredients:

- 1/2 cup soy sauce
- 2 cloves garlic, minced
- 1 Tbs. fresh ginger, grated or 1 tsp. dry ginger
- 1 Tbs. sesame oil
- 1 lb. boneless pork tenderloin chops, whole
- 1/4 cup honey
- 2 Tbs. brown sugar
- 1/4 cup sesame seeds



Directions:

Combine first 4 ingredients in a bowl. Place tenderloin in a heavy plastic bag and pour soy mixture over to coat. Secure bag tightly. **Marinate** 2 hours at room temperature, or overnight in refrigerator. Preheat oven to 400°F. Remove pork from marinade and pat dry. Discard marinade. Mix together honey and brown sugar in a shallow plate. Place sesame seeds on a separate shallow plate. Roll pork in honey mixture, coating well. Then roll in sesame seeds. Place tenderloin in a shallow roasting pan and **roast** about 25 minutes per 1 lb., until a meat thermometer reads 160°F. Remove to a serving platter, slice thinly.

If you wish to freeze cooked meat: Cool quickly in refrigerator to retain freshness. Leave meat whole or slice and place the amounts you will use at one time in freezer/oven-proof containers or on sheets of aluminum foil. Seal tightly. If using foil, wrap and fold edges to seal and place on a flat baking sheet (to preserve shape) and place in freezer until frozen. Then you can remove baking sheet and place package where you wish in the freezer. Freeze up to 6 months. To reheat: Preheat oven to 350°F. Place meat in oven and bake until hot. (USDA recommends reheating meats to 165°F to destroy any bacteria.)

Per serving: calories 310, fat 10.7g, 31% calories from fat, cholesterol 72mg, protein 28.4g, carbohydrates 26.2g, fiber 1.2g, sugar 23.6g, sodium 287mg, diet points 7.3.

Dietary Exchanges: Milk: 0.0, Vegetable: 0.0, Fruit: 0.0, Bread: 0.0, Lean meat: 0.0, Fat: 1.7, Sugar: 1.4, Very lean meat protein: 3.9

Honey Walnut Prawns

This popular recipe, also known as Honey Walnut Shrimp, is found in both western and Hong Kong restaurants

Serves 4

Ingredients:

1 lb of Large or Medium Shrimp, peeled and deveined
1/2 cup Walnuts
5 cups Water
1 cup Sugar
2 cups Oil
1/2 cup Cornstarch
1/2 cup Egg whites
2 Tbs Honey
3 Tbs Mayonnaise
1 Tbs Fresh lemon juice
1/2 Tbs Condensed milk
1/2 cup Oil

Directions:

Rinse walnuts, then boil in 5 cups water, continually changing water until clear. When clear, boil with sugar until sugar dissolves.
Heat 2 cups oil until almost smoking, then deep fry walnuts until they're shiny and brown, no longer golden.
Place walnuts to cookie sheet, let cool.
Mix cornstarch and egg whites together to form a thick, sticky texture and mix well with Shrimp. Set aside. Mix honey, mayonnaise, lemon juice, and condensed milk in a medium bowl until smooth.
Heat oil until boiling, then deep fry the Shrimp until golden brown.
Drain, then fold in honey mayonnaise mixture. Mix well, sprinkle with walnuts, and arrange on platter.

Hot and Sour Beef Soup

Ingredients:

5 oz (150 g) lean boneless beef
2 1/2 cups (600 ml) high stock
1 tsp salt, or to taste
1 oz (25 g) cellophane noodles, cut into 4 inch (10 cm) long, soaked in cold water until soft
5 tsp rice wine
1 1/2 tbsp vinegar
2 tbsp cornstarch (corn flour) dissolved in 2 tbsp water
2 tsp fresh coriander (or cilantro), chopped
1 small carrot, about 3 1/2 oz (100 g)
1 tbsp chili (chilli) oil
2 tbsp vegetable oil
1/4 MSG



Directions:

1. Wash the beef and cut into slivers. Mix with 1/2 tsp of the salt, 2 tsp of the rice wine, and 1 tbsp of the cornstarch. Wash and peel the carrot and cut into slivers.
2. Heat the oil in a wok until the oil surface ripples. Add the carrot slivers and stir-fry briefly. Add the stock, cellophane noodles, and 1/2 tsp of the salt, and bring to a boil. Add the beef slivers, 1 tbsp rice wine, vinegar, MSG, the remaining cornstarch-water mixture, and coriander. Return to the boil and pour into a tureen. Sprinkle with the chilli oil and serve.

Hot and Sour Cabbage

Ingredients:

9 oz (250 g) cabbage
1 hot red chili (chilli) pepper
4 tbsp (50 ml) vegetable oil
1/2 tsp scallions, chopped
5 whole Sichuan peppercorns
3/4 tsp salt, or to taste
1 1/2 tsp vinegar
1 1/2 tsp sugar
1/4 tsp MSG



Directions:

1. Wash the cabbage and cut into diamond-shaped pieces, 1 inch (3 cm) each side. Seed and dice the chili pepper.
2. Heat the oil in a wok until the oil surface ripples. Add the scallions, peppercorns and salt. Add the chili pepper and stir-fry 30 seconds. Add cabbage and stir-fry 2 minutes. Stir in the vinegar, sugar and MSG. Remove and serve.

Hot and Sour Shrimp Lo Mein

A spicy dish made with hot chili paste.

Serves 6

1 1/2 pounds medium shrimp, peeled, scored down the back, deveined and rinsed

Ingredients:

Ginger Marinade:

Mix together

3 tablespoons Chinese rice wine or sake

1 1/2 tablespoons minced fresh ginger

1 teaspoon toasted sesame oil

3 1/2 tablespoons safflower or corn oil

1 medium red onion, thinly sliced

2 1/2 tablespoons minced garlic

1 teaspoon hot chili paste

1 1/2 cups sliced canned water chestnuts, blanched in boiling water for 10 seconds, refreshed in cold water, drained, and patted dry

1/2 pound snow peas, ends snapped and strings removed

Hot and Sour Sauce:

Mix together

1 1/2 cups chicken broth, or water

5 1/2 tablespoons soy sauce

2 tablespoons Chinese rice wine or sake

2 tablespoons sugar

2 tablespoons Chinese black vinegar or Worcestershire sauce

1 teaspoon toasted sesame oil*

1 tablespoon cornstarch

1/2 pound flat noodles, such as fettucini or linguine, cooked until just tender, rinsed under cold water, and drained

Directions:

1. In a bowl, combine the shrimp with the ginger marinade, tossing lightly to coat.
2. Heat a wok or heavy skillet over high heat. Add 2 tablespoons of the oil and heat until very hot but not smoking. Add the shrimp and toss lightly for about 1 1/2 minutes until they turn pink. Remove with a handled strainer or a slotted spoon and drain in a colander. Wipe out the wok.
3. Reheat the wok over medium-high heat. Add the remaining 1 1/2 tablespoons of oil and heat until hot, about 20 seconds. Add the onion, garlic, and chile paste and stir-fry until the onion is slightly softened, 1 1/2 to 2 minutes. Add the water chestnuts and snow peas, turn up the heat to high, and toss until heated through. Add the hot-and-sour sauce and cook, stirring constantly to prevent lumps, until thickened, 2 to 3 minutes. Add the shrimp and noodles and mix gently. Transfer to a platter and serve immediately.

Hot and Sour Soup

(Hot and Sour Soup is reputed to be good for colds)

Ingredients:

1 cake tofu (fresh tofu if possible)
1/2 cup bamboo shoots, shredded
2 Tbsp black fungus (Wood Ear)
or 3 - 4 Chinese dry mushrooms
small handful dry lily buds

2 ounces pork tenderloin, julienned

Marinade:

1 tsp soy sauce
1 tsp tapioca starch (or cornstarch)
1/2 tsp sesame seed oil

6 cups water (or 6 cups water and 1 cup Campbell's chicken broth)*
2 tsp salt
1 tsp sugar
2 Tbsp soy sauce
2 Tbsp red rice vinegar** (or white if red not available)
1 tsp sesame oil
2 Tbsp finely chopped green onion
1 Tbsp finely chopped ginger

white pepper to taste (no more than 1 tablespoon)
1 egg

Mixture:

1 Tbsp cornstarch
1/4 cup water

Directions:

1. Shred pork. Mix marinade ingredients and marinate pork for 15 minutes.
2. To reconstitute the wood ears, soak in warm water for 20 minutes. Rinse, and cut into thin pieces.
If substituting mushrooms, cut off the stems and cut into thin strips.
Cut tofu into small squares. Cut bamboo shoots into strips, and then into fine slices.

3. Boil water. When it is boiling add all the ingredients in I and II. Add the vegetables first. Stir. Add the tofu. When the broth is boiling, add the marinated pork.
Add the remaining ingredients in III, except for the green onion.
Beat the egg well. Set aside.
Test the broth and adjust the taste if desired. (If using chicken broth, you may want to add a bit more rice vinegar).
Mix the cornstarch and water. Slowly pour the cornstarch mixture into the soup, stirring while it is being added. Let the broth come back to a boil. As soon as it is boiling, remove the broth from the stove.
Slowly drop in the beaten egg, stirring in one direction at the same time. Add the green onion and white pepper to taste. Drizzle with chili oil if desired.

(This dish can be prepared ahead of time and frozen. When making the soup, leave out the tofu. When ready to serve, thaw, add the tofu and bring to boiling. When the soup is boiling, add the egg.)

*Adjust the ratio of water to chicken stock as desired.

** If using chicken broth increase the amount of red rice vinegar

Hot and Sour Shrimp Soup

If Thailand has a national food, this is it. While the recipe calls for shrimp, any seafood will do and chicken can be substituted without altering the recipe -- in which case you have *Tom Yum Kai*, or Hot and Spicy Chicken Soup.

Ingredients:

- 1 pound of medium-size shrimps
- A dozen mushrooms
- 1 stalk of lemon grass
- 4 cups water
- 2 cups chicken stock
- 3 lime leaves
- 6 green peppercorns
- 3 slices fresh ginger
- 1 teaspoon of salt
- 2 tablespoons of fish sauce (or 4 tablespoons of soy sauce)
- 3 tablespoons of lime juice
- 6 hot peppers, pounded lightly (less, depending on taste)
- 1/2 cup of roughly chopped coriander (cilantro) leaves

Directions:

Remove the shrimp shell but leave the tails (for appearance). Then cut open the back of each shrimp to remove the veins. Clean the mushrooms with water and dry them well before cutting each into quarters. Trim root and tough layers from lemon grass. Thinly slice first six inches. Bring 2 cups of stock to boil.

Bring 4 cups of water to boil, then add the stock, lemon grass, lime leaves, and shrimps. When the shrimps turn pink, add mushrooms, ginger, peppercorns and salt. Remove the pot from heat after boiling. Add fish sauce, lime juice, and hot peppers to taste.

Serve the soup while still hot in individual soup cups and top each cup with a sprinkle of coriander.

Hot and Spicy Chicken

Ingredients:

4 tablespoon Oil
1 Scallion
2 Hot peppers -- or more
1 tablespoon Shredded ginger
1 tablespoon Sherry
2 tablespoon Light soy sauce
2 pound Fryer
1/2 cup Chicken broth
1 tablespoon Light soy sauce
2 tablespoon Wine vinegar
1 tablespoon Sugar
1/2 teaspoon Salt
1 teaspoon Anise pepper -- or 2
1 tablespoon Cornstarch

Directions:

1. Cut chicken into bite-sized pieces, marinate 15-20 minutes in ginger, sherry, soy sauce mixture.
2. Cut scallion and hot peppers diagonally into 1-inch pieces.
3. Grind anise pepper to powder. Mix chicken broth, soy sauce, wine vinegar, sugar, salt and pepper.
4. Heat oil. Add scallion, and stir fry several seconds.
5. Add ginger, sherry, soy mixture and chicken to scallions and hot pepper, and stir-fry for 1-2 minutes more.
6. Add chicken broth mixture, mix well. Cook over low heat until chicken pieces are tender. Add cornstarch to thicken.

Hot Bananas with Cinnamon Coconut Sauce

Serves 4

Ingredients:

4 large bananas
1 tablespoon flour
2 tablespoons sugar
1/2 teaspoon cinnamon
1-3/4 cups coconut milk

Directions:

Remove ends from bananas. Place bananas in a covered bamboo steamer over a pan of boiling water. Cook 5 minutes. Using tongs and a knife, peel off banana skins. Combine flour, sugar, and cinnamon in a saucepan. Add coconut milk and stir until smooth. Cook, stirring, over medium heat until mixture boils and thickens, then simmer 2 minutes longer. Serve sauce over hot bananas.

Recipe adapted from Step-by-Step Indonesian Cooking (Murdoch Books, ISBN 0-86411-255-6-1)

Hot Mustard

For a recipe with extra seasonings, try [Hot Mustard with Vinegar](#).

Yield: About 3 teaspoons of hot mustard dip (enough for one meal)

Ingredients:

3 teaspoons dry mustard powder (Colman's is good)

3 teaspoons cold water

Directions:

Mix the cold water into the dry mustard powder to form a paste. Let sit for 10 - 15 minutes to allow the mustard to reach its most pungent state, and serve immediately. (If not using immediately, refrigerate in a closed container).

To make a larger amount, follow the same instructions, keeping the ratio of dry mustard to water constant.

Hot Pepper and Black Bean Sauce

Ingredients:

5 tablespoons salad oil
3 tablespoons crushed red pepper
1 1/2 tablespoons fermented black beans, rinsed and drained
1 1/2 tablespoons minced garlic
2 teaspoons dry sherry
2 teaspoons sesame oil
1/2 teaspoon salt

Directions:

Mix ingredients together in a bowl and cover tightly with aluminum foil. Bring a pot of water to boil. When boiling, turn down to simmer. Set the bowl on a rack over the simmering water. Steam for approximately 45 minutes. Cool, cover the ingredients and refrigerate until needed. Makes about 1/2 cup.

Hot Pepper Oil

Ingredients:

2 tablespoons Szechuan peppercorns
1/2 cup salad oil
1/2 teaspoon paprika
1/2 teaspoon ground red pepper (cayenne)

Directions:

Heat the peppercorns, shaking the pan from time to time, until they are fragrant (about 10 minutes). Allow to cool. Grind the cooled peppercorns with a mortar and pestle, or crush with a rolling pin. Heat salad oil, and pour over the peppercorns. Stir in the paprika and red pepper. Allow to cool and strain the oil, discarding the peppercorns. Store in a covered jar at room temperature. Makes 1/2 cup.

Hot Pepper Squid

Ingredients:

2 lb frozen squid
2 tablespoons dried pepper pieces
1 slice ginger, chopped
1 garlic clove, chopped
1 teaspoon Szechuan peppercorn
4 stalks celery, shredded
1 carrot, shredded
3 stalks green onion
Cornstarch (as needed)

Sauce:

2 tablespoons soy sauce
1 tablespoon rice wine or dry sherry
1/2 teaspoon sugar
1/2 teaspoon sesame oil
1 teaspoon salt

4 cups oil for deep-frying and stir-frying

Directions:

Remove the membrane from the outside of the squid. Wash and dry the squid, cleaning thoroughly. Score the squid - cutting lengthwise and crosswise, and then cutting the skin into diamond-shaped pieces that are about 1 inch long.

Mix the sauce ingredients.

Roll the squid pieces in cornstarch. Heat the wok and add oil. When the oil is ready, carefully add the squid and deep-fry for about 1 minute, until the squid curls up.

Remove and set aside. Drain the oil from the wok (you can reuse the oil).

Add about 3 tablespoons of oil to the wok, dribbling it down the sides. Add the pepper pieces, and then the garlic, ginger, and Szechuan peppercorn. Add the celery and carrot and stir-fry for a few seconds. Add the deep-fried squid and the green onions. Add the sauce, mix together well and serve hot with steamed rice.

Hunan Lamb

Serves 4

Ingredients:

1 pound boneless lamb, sliced very thinly
2 1/2 tablespoons soy sauce
2 tablespoons Chinese rice wine or dry sherry
4 teaspoons cornstarch
1 1/2 teaspoons rice vinegar
1/2 teaspoon sugar
1/4 cup water
2 tablespoons oil
2 leeks, sliced in 1 1/2" diagonals
4 dried chilies, seeds removed
2 teaspoons minced ginger
2 teaspoons minced garlic
1 teaspoon sesame oil

Directions:

1. Mix lamb with 1 tablespoon soy sauce, 1 tablespoon rice wine, and 2 teaspoons cornstarch. Combine remaining soy sauce, wine, and cornstarch, with vinegar, sugar, and water. Heat 1 tablespoon oil in a wok. Add leeks and stir-fry 2 minutes. Remove.
2. Heat remaining oil. Add chiles, ginger, and garlic. Stir-fry 30 seconds. Add lamb and stir-fry until no longer pink. Return leeks to the wok. Add sauce mixture and stir-fry until slightly thickened. Stir in sesame oil. Serve with rice, mu shu pancakes, or flour tortillas.

Hunan Tea Smoked Duck

(Smoked meats, including ham, pork and duck, are common in Hunan cooking)

Serves 4 to 6

Ingredients:

1 - 5 pound duck
2 tablespoons salt
1 tablespoon Szechuan peppercorns
Aluminum foil
1/2 cup black tea leaves
1/2 cup rice (uncooked)
1/2 cup brown sugar
1 tablespoon light soy sauce
1 tablespoon cornstarch
Peppercorn salt
4 cups oil for deep-frying

Directions:

Clean and wash duck. Dry thoroughly with a paper towel. Rub inside and outside with salt. Sprinkle with peppercorns.

Wrap duck in aluminum foil and place a heavy weight on top. Refrigerate overnight.

Remove foil and place duck on steamer tray. Cover and steam over boiling water 1 1/2 hours. .

Line large wok and wok lid with aluminum foil. Place tea leaves, rice, and brown sugar on foil.

Put a rack above the mixture or place 4 chopsticks crosswise approximately 1 inch above it..

Place duck on rack, breast side up. Cover wok and seal tightly to prevent smoke from escaping.

Turn on high heat. Roast tea mixture until it smokes.

Smoke duck 10 minutes on high heat. Reduce heat to moderate. Smoke another 10 minutes. Turn off heat. Leave duck in wok 20 minutes more.

Remove duck. Cool thoroughly. Rub with soy sauce. Sprinkle evenly with cornstarch.

Heat oil in wok and deep-fry duck 10 minutes (5 minutes each side). Remove. Drain on paper towel.

Chop into bite-sized pieces. Serve hot with peppercorn salt and buns.

May be prepared in advance or frozen after step 10. Thaw and reheat before serving.

Imperial Rolls (Cha Gio)

(Nuoc mam fish sauce gives added flavor to delicate Vietnamese spring rolls)

Serves: 16

Ingredients:

1 package rice paper wrappers (banh trang) round shaped
1 lb ground pork or chicken (lean pork is best)
1/2 cup onion, chopped
1/4 teaspoon ground black pepper
1/3 teaspoon salt
1 teaspoon sugar
1 carrot, shredded
1 egg
1 ounce bean thread noodles (soaked in hot water for 15 minutes to soften)
2 dried mushrooms (soaked in warm water for about 15 minutes)
1 tablespoon fish sauce

Oil for deep-frying

Directions:

Drain the mushrooms and noodles. Chop - the noodles should be chopped into approximately 2-inch lengths.

Mix the filling ingredients together.

Dip the rice paper wrappers in warm water. (Alternately, you can use a pastry brush dipped in water to dampen the wrappers). Lay out on a flat counter or on a towel.

Spoon about two heaping tablespoons of filling onto the bottom section of the wrapper. Roll the bottom edge over the filling. Fold the two sides over the filling, and then roll up. Repeat with the other wrappers.

Pour about 2 inches of oil into the wok. Deep-fry the wrappers a few at a time, carefully sliding them into the wok so the oil doesn't splatter. Deep-fry until light brown. Drain the rolls on a tempura rack if you have one, and then place on paper towels or a towel. To serve, cut the rolls crosswise into serving size pieces, or serve wrapped in lettuce or cilantro leaves. Serve with Nuoc mam dipping sauce (sweet and sour fish sauce).

Jiaozi - Chinese Dumplings

These Chinese dumplings are especially popular during the Chinese New Year season.

Ingredients:

Jiaozi dough
3 cups flour
up to 1 1/4 cups cold water
1/4 teaspoon salt

Filling:

300 grams fresh Chinese (Napa) cabbage
1/2 lb ground meat (pork or beef)
1 teaspoon salt
1 TB soy sauce
1/4 tsp fresh ground white pepper, or to taste*
1/2 green onion, minced
2 slices fresh ginger, minced
3 TB sesame oil

Directions:

In a large bowl, dissolve the salt into the cold water. Slowly add the water to the flour, stirring to mix, until it forms a dough, adjusting the amount of water or flour as necessary. Knead the dough into a smooth ball. Cover and let rest for 20 minutes.

While the dough is resting, prepare the filling ingredients. Add the salt, soy sauce, and white pepper to the meat, stirring in only one direction. Add the remaining ingredients, stirring in the same direction, and mix well.

To make the dumpling dough: knead the dough until it forms a smooth ball. Separate into three equal sections. Shape each section into a cylinder approximately 1-inch in diameter. Cut each section into 20 equal pieces, scoring the dough if necessary. Roll out each piece into a 3 - 3 1/2 inch circle.

To make the dumplings, place a small portion of the filling into the middle of each wrapper. Fold the dough over the filling into a half moon shape and pinch the edges to seal. Continue with the remainder. The recipe should make approximately 60 Chinese dumplings.

To cook, bring a large pot of water to a boil. Add half the dumplings, giving them a gentle stir so they don't stick together. Bring the water to a boil, and add 1/2 cup of cold water. Cover and repeat. When the dumplings come to a boil for a third time, they are ready. Drain and remove. If desired, they can be pan-fried at this point.

Serve with your favorite soy dipping sauce. Jiaozi can be frozen in a sealed plastic bag.

Jook

Ingredients:

Turkey bones
1/2 cup rice, uncooked, washed
6 cups water
1 teaspoon rock salt (or to your taste)
1/2 cup raw peanuts

Garnish:

Chopped lettuce
Chung choi, chopped fine*

*Garnishes***

Chinese parsley, chopped
Green onions, chopped
Shoyu or oyster sauce
Sesame oil

Directions:

Put the bones, water, and rice into a slow cooker and cook on low heat for 4 - 6 hours. When it is nearly ready, place each of the garnishes in individual small bowls. When the jook is ready, stir and place in bowls. Place the garnish on the tables and let everyone garnish to their own taste.

*Chung choi is Chinese salted preserved cabbage. Dice it and sprinkle on the jook.

**Other ingredients you might want to use as a garnish include Chinese pickled vegetables, sliced salted duck eggs, and chopped daikon.

Juicy Steamed Dumplings

Ingredients:

4 1/2 (500 g) cups flour, sifted
1 lb (500 g) lean boneless pork, minced
4 tsp soy sauce
1/2 tsp rice wine
1/2 tsp fresh ginger, chopped
2 tsp salt, or to taste
1/2 tsp sugar
4 oz (125 ml) sesame oil
1/2 tsp MSG
9.



Directions:

1. Mix the pork with the soy sauce, rice wine, ginger, MSG, salt, and sugar. Stir in one direction until it becomes a paste. Stir in the sesame oil and mix well.
2. Add 9 oz (250 ml) of cold water gradually to the flour and mix into a dough. Let rest. Turn out onto a flour board and knead until firm and elastic.
3. Knead the dough again and cut into 1/2 oz (15 g) balls. Flatten each ball lightly with your hand, then roll out each piece into a 3 inch (7 to 8 cm) circle, rotating the dough counter-clockwise while rolling so the centre is slightly thicker than the edges. Place about 1 to 1 1/2 tbsp (20 g) of filling on each circle and pinch the edges together into 18 pleats. Place the dumpling in a steamer and steam for 5 minutes over high heat.

Note: These dumplings are delicate in appearance and taste. the wrappers are thin and the filling deliciously juicy.

Kung Pao Chicken (Stir-fry)

(A spicy Szechuan dish made with diced chicken, peanuts and chili peppers. It is named after a Kung Pao or court official)

Serves 4 - 6

Ingredients:

1 chicken (about 2 lbs) or 1 lb of chicken breasts
8 dried red chili peppers
1/2 cup skinless roasted peanuts (unsalted)
1 slice ginger
1 garlic clove, peeled and sliced

1 1/2 Tbsp cornstarch
1 1/2 Tbsp cold water
1 Tbsp soy sauce

Sauce:

2 Tbsp dark soy sauce
1 Tbsp dry sherry
1 Tbsp sugar
1 tsp cornstarch
1/2 tsp salt
a few drops sesame oil

2 - 4 cups oil for deep-frying
3 1/2 Tbsp oil for stir-frying

Directions:

Remove all the bones from the chicken and cut into 1-inch cubes. Add the soy sauce, cornstarch and water, Marinate the chicken for 30 minutes.

While the chicken is marinating, prepare the vegetables. Peel and slice the ginger, and remove the tips and the seeds of the dry red peppers. Cut into 1-inch chunks.

Mix the sauce ingredients and set aside.

Heat wok and add 1 - 1 1/2 tablespoons oil. Stir-fry the peanuts until they turn golden, remove and set aside to cool.

Heat wok and add oil for deep-frying. Carefully slide the chicken into the wok, and deep-fry the chicken for about 1 minute. Remove the chicken and drain off the oil.

Heat 2 tablespoons of oil in wok. Add the dry red peppers and stir-fry until they turn dark. Add the ginger and chicken, stir-frying rapidly. Give the sauce a quick re-stir and add to the wok. Stir until the sauce is thickened and mix together with other ingredients. Add the peanuts and mix just before serving.

Kung Pao Shrimp

Serves 4

Ingredients:

1 teaspoon chopped garlic
1/2 teaspoon chopped ginger
1 1/2 tablespoons cornstarch
1/4 teaspoon baking soda
1/4 teaspoon sugar
salt and pepper
1 pound shelled, deveined shrimp
1/4 cup oil
1 small onion, diced
1 large or 2 small zucchini, cut in 1/2" cubes
1 small red pepper, cut in 1/2" cubes
2 ounces cashews or peanuts

Sauce:

1 cup chicken stock
1 tablespoon Chinese rice wine or dry sherry
1 tablespoon cornstarch
2 teaspoons chili sauce
2 teaspoons Chinese bean paste (optional)
2 teaspoons sesame oil

Directions:

1. Combine garlic, ginger, 1 1/2 tablespoons cornstarch, baking soda, sugar, and salt and pepper. Add shrimp, mix, and let stand 20 minutes.
2. Heat oil in a wok. Add the shrimp and stir-fry over high heat about 20 seconds, or just until shrimp change color. Remove. Add onion to the same oil and stir-fry 1 minute. Add zucchini and red pepper and stir-fry about 30 seconds.
3. Mix sauce ingredients together and add to the wok. Cook, stirring, until the sauce is slightly thickened. Add the shrimp and nuts and heat through completely.

Lemon Chicken

Serves 4 - 6

Ingredients:

2 tablespoons Dry sherry
4 green (Spring) onions, chopped
1 Piece of root ginger, shredded
500g (1 pound) boned chicken, cut into 1 inch strips
2 Celery sticks, sliced
125g (4oz) button mushrooms, quartered
1 Green pepper, cored, seeded, and sliced
2 tablespoons Light soy sauce
Shredded rind of 2 lemons
A few lemon slices to garnish

2 tablespoons oil for stir-frying

Directions:

Put the sherry, spring onions and ginger in a bowl.
Add the chicken, toss well to coat, then leave to marinate in the bowl for 15 minutes.
Heat the oil in a wok or frying pan.
Add the celery, mushrooms, and the green pepper.
Stir-fry for one minute.
Add the chicken and marinade, then cook for 3 minutes.
Stir in the Soy Sauce and lemon rind then cook for a further minute.
Pile into a warmed serving dish and garnish with lemon slices.

Lemon Chicken (Steamed)

Brown sugar balances the tartness of the lemon in this popular dish.

Serves 2 - 4

Ingredients:

4 -5 boneless chicken breasts, cut into bite-size pieces
2 slices minced ginger
4 tablespoons fresh lemon juice

Marinade:

1 tablespoon dry sherry
1 tablespoon oyster sauce
1 tablespoon light soy sauce
1 teaspoon brown sugar

1 tablespoon green onion, thinly sliced on the diagonal

Directions:

Combine the marinade ingredients. Place the chicken in a bowl with the lemon juice. Add the marinade ingredients and sprinkle the ginger pieces over the chicken. Marinate the chicken for about 20 minutes.

Steam the chicken. If using the wok to steam the chicken, place the chicken on a steamproof dish and pour the marinade ingredients over it. Steam the chicken for about 40 - 45 minutes (until the chicken turns white).

If using a commercial steamer, depending on the type of steamer you may not be able to pour the marinade over the chicken before steaming. Instead, reserve the marinade and steam the chicken according to the manufacturer's instructions. Bring the reserved marinade to a boil and pour over the chicken just before serving.

Serve hot with rice and Stir-fried dried mushrooms. Garnish with green onion and lemon wedges.

Lemon Chicken (Vietnam)

(In Vietnam, lime is most often used instead of lemon, but you can use either one.)

Serves 4

Ingredients:

1 pound boneless chicken, cut into large cubes
2 teaspoons honey
1/2 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon sugar
2 garlic cloves, finely minced
1 teaspoon oil
1/2 teaspoon cornstarch
2 scallions, finely sliced
3 tablespoons lemon or lime juice
2 tablespoons fish sauce
1 tablespoon oyster sauce
2 tablespoons lemon or lime zest, grated
12 bamboo skewers, soaked in water for at least 10 minutes
Sweet and Sour Fish Sauce

Garnish:

bean sprouts
basil sprigs
mint sprigs

Directions:

1. Marinate chicken in a mixture of honey, salt, pepper, sugar, garlic, oil, cornstarch, scallions, lemon or lime juice, fish sauce and oyster sauce. Set aside for 15 minutes. Add grated lemon or lime zest.
2. Thread marinated chicken onto skewers, leaving two inches free at each end and place on a baking sheet. Heat oven to 375 degrees and bake about 20 minutes until chicken is medium-rare. Turn oven to broil and broil chicken until brown. Do not overcook.

To Serve: Serve with rice vermicelli and Sweet and Sour Fish Sauce. Can also be served with rice. Garnish with bean sprouts, basil, and mint.

Lettuce Wraps

The latest trend at Asian restaurants, these wraps are made with lettuce.

Ingredients:

- 1 tablespoon sesame oil
- 1 lb meat from chicken breasts or sliced white chicken meat
- 2 green onions, chopped
- 1 stalk celery, diced
- 1 can water chestnuts, rinsed in warm running water and chopped
- 1 slice ginger, minced
- 1 garlic clove, minced
- 1 red pepper, seeded and diced

Sauce:

- 1 tablespoon soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon dry sherry
- 1 teaspoon sugar

1 tablespoon cornstarch mixed with 2 tablespoons water

1 head iceberg lettuce or romaine lettuce leaves (whichever you prefer)

Directions:

Wash the lettuce, dry, and separate the leaves. Set aside.

Mix together the sauce ingredients. Heat the sesame oil in a non-stick frying pan on high heat. Add the garlic, ginger, and green onions and fry until the garlic and ginger are aromatic. Add the chicken and cook until the chicken is browned. Remove the chicken from the pan and set aside.

Add the red pepper, water chestnuts, and celery to the frying pan. Add the sauce ingredients and cook at medium heat. Give the cornstarch/water mixture a quick restir and add to the sauce, stirring to thicken.

Lay out a lettuce leaf and spoon a heaping teaspoon of the chicken and vegetable/sauce mixture into the middle. The lettuce wraps are designed to be eaten "taco-style," with the lettuce/chicken mixture folded into a package. Continue with the remainder of the chicken and lettuce leaves. Serve.

Variations: Try substituting different vegetables, or using one of the many stir-fry sauces that are now on the market in place of the sauce.

Lion's Head Meatballs

A Shanghai casserole dish featuring oversized pork meatballs and bok choy, traditionally cooked in a sand clay pot.

Serves 4 – 6

ingredients:

- 1 pound ground pork
- 1 slice ginger, minced
- 3 scallions, cut into thin slices
- 1 egg, lightly beaten
- 1 teaspoon salt (less if desired)
- 1 teaspoon sugar
- 1 tablespoon sherry
- 1 tablespoon light soy sauce
- 1/2 tablespoon cornstarch
- Pepper or white pepper to taste

- 1 cup chicken stock
- 1 pound bok choy, washed and cut into bite-sized pieces
- 3 tablespoons oil for cooking
- Other seasonings as desired

Directions:

Place the ground pork in a bowl. Add the meatball ingredients and mix together with your hands, moving in one direction. When the ingredients are blended, wet your hands slightly and form the pork mixture into 4 large meatballs.

Heat wok and add 3 tablespoons oil. Cook the meatballs on medium heat until they are golden brown. Drain the meatballs on paper towels.

Heat the stock separately, adding soy sauce, sugar, or other seasonings if desired. Arrange the bok choy at the bottom of the pot and place the meatballs on top. Add the stock. Simmer until cooked (1 to 1 1/2 hours).

This dish can be made in advance, frozen and reheated.

Lobster Cantonese

Serves 4 to 6

Ingredients:

2 lobster tails (about 1 pound each)
1 teaspoon salt
2 tablespoons flour
1 clove garlic, minced
1 tablespoon salted black beans, pounded and soaked in 1 tablespoon water
1 tablespoon ginger, chopped fine
1 scallion, chopped fine
1/4 pound ground pork
2 tablespoons sherry
1 tablespoon light soy sauce
1 cup chicken stock
1 tablespoon cornstarch, dissolved in 2 tablespoons water
2 scallions, cut into 1-inch pieces
1 egg, beaten

2 to 4 cups oil for deep-frying and stir-frying

Directions:

1. Cut each lobster tail in half. Wash thoroughly. Drain. Cut tails into pieces 1 1/2 inches in length, leaving shells on.
2. Sprinkle 1/2 teaspoon of salt and the flour on lobster.
3. Mix garlic with black bean mixture in a bowl. Stir well.
4. Heat oil for deep-frying to smoking hot. Put in lobster pieces. Deep-fry until shells are red. Drain. Remove.
5. Reheat 1 tablespoon of oil in wok. Stir-fry black bean mixture 30 seconds. Remove.
6. Reheat 2 tablespoons of oil in wok. Stir-fry ginger and scallion until there is an aroma, about 30 seconds. Add pork. Stir-fry on high heat until color changes. Add 1 tablespoon of sherry, soy sauce, black bean mixture, and stock. Bring to boil.
7. Add lobster to meat mixture. Add 1 tablespoon sherry. Cover. Cook 3 minutes.
8. Remove lid. Bring to boil. Thicken gravy with dissolved cornstarch. Season with 1/2 teaspoon salt. Add scallions. Slowly pour in beaten egg. Stir-fry about 10 seconds. Remove.

May be prepared in advance through step 6 and refrigerated, or frozen after step 8.

Lobster Sauce

Ingredients:

2 teaspoons fermented black beans
1 garlic clove
1/4 pound ground pork
2 scallion stalks

Mixture:

1 tablespoon soy sauce
1 tablespoon sherry
1/2 teaspoon sugar
1/2 cup water

1 1/2 tablespoons oil
1 tablespoon cornstarch
2 tablespoons water
2 eggs, beaten

Directions:

Mix together the soy sauce, sherry, sugar, and water in a small bowl. Set aside. Beat the eggs lightly and set aside.

Wash black beans and let sit for a few minutes to soften. Mince the garlic clove. Mash it together with the soaked black beans.

Cut the scallions into sections approximately 1/2 inch long. Add to the soy sauce/sherry/sugar and water mixture.

Heat wok and add oil, swirling to coat the sides. When oil is ready, add the mashed black beans and garlic and stir-fry briefly. Add the ground pork, and stir-fry until it changes color.

Give the scallion/soy sauce mixture a quick stir and add to the wok. Bring to heat heat, and then cook, covered, under medium heat for about 3 minutes.

While the ingredients are cooking, mix together the cornstarch and water to form a paste. Add to wok, stirring to thicken the sauce.

Give the beaten eggs a quick stir and add, stirring. Remove the sauce from the heat, pour over shrimp or lobster and serve.

Longevity Noodles

Symbolizing a long life, this is a popular dish on birthdays and other celebratory occasions.

Serves 4

Ingredients:

4 quarts water
1/2 teaspoon salt
1 pound dried thin egg noodles or spaghetti

Sauce

3 cups chicken stock
1 tablespoon soy sauce
1 teaspoon sesame oil
1 teaspoon cornstarch mixed with 2 teaspoons water

2 eggs, lightly beaten
2 green onions, sliced diagonally into thirds
2 - 3 tablespoons cooked ham, sliced 1/4-inch thick

Oil for cooking

Directions:

Bring the salted water to a boil and parboil the noodles, using chopsticks to separate them. (If substituting spaghetti cook according to directions). Drain the noodles, rinsing them several times, and divide equally among four soup bowls. Bring the stock to a boil. Mix in the sauce ingredients. Add the cornstarch mixture last, stirring to thicken.

Heat wok and add oil. Add the eggs and stir. Add the stock mixture and bring the mixture to a boil but don't allow the eggs to set.

Pour the mixture over the noodles and garnish with green onion and ham.

Variations:

Instead of using a wok, lightly stream the beaten egg into the heated sauce mixture with a fork. Pour the mixture over the noodles and garnish with the green onion and the sliced ham as in the recipe above.

Another variation I've seen calls for using the wok to poach the eggs. The poached eggs are placed on the noodles and the sauce is poured over.

For a contrast in texture and color, add a green vegetable.

Lotus Seeds in Sugar Syrup

Ingredients:

7 oz (200 g) dried lotus seeds, skinned and bitter germ removed
1/4 cup (50 g) rock sugar or granulated sugar
7 tbsp 9100 g) granulated sugar
1 oz 925 g) haw jelly, diced



Directions:

1. Wash the lotus seeds and place in a heat-proof bowl with water to just cover. Steam until the seeds are very soft. Reserve the water in the bowl. Drop the seeds in boiling water for 10 seconds. Remove, drain, and set aside.
2. Pour 1/2 cup of the steaming water into a pot and add fresh water, if needed, to make up the amount. Add the rock sugar and granulated sugar and bring to a boil. Immediately pour over lotus seeds. Sprinkle with the haw jelly cubes and serve.

Lotus Wraps

(This popular dim sum dish is made by steaming lotus leaves filled with sticky rice, Chinese sausages, and other vegetables).

Serves 10

Ingredients:

5 dried lotus leaves, cut in half or use banana leaves or aluminum foil
1 1/2 cups short-grain rice, washed and drained
4 Chinese dried mushrooms, soaked in hot water for 15 minutes to reconstitute, drained, stems removed and chopped
1 tablespoon vegetable oil
2 teaspoons peeled and grated fresh ginger
6 1/2 ounces ground (minced) chicken
4 ounces jumbo shrimp (green king prawns) peeled, deveined, and finely chopped
2 Chinese pork sausages, finely chopped
1 tablespoon soy sauce
1 tablespoon rice wine
1 tablespoon oyster sauce
2 teaspoons cornstarch (cornflour) mixed with 1 tablespoon water

Directions:

First, prepare the lotus leaves. They need to be soaked in hot water for about 15 - 20 minutes, and then patted dry. Next, line a bamboo steamer with a few pieces of cabbage or a parchment paper so that the food will not stick to the bottom. Add the rice and cover.

To steam, fill the wok approximately to the half-way point with water (the steamer should be sitting above the water without touching). Bring the water to a boil and steam the rice.

After the rice has cooled, divide it into ten equal portions.

Heat wok and add oil. When the oil is ready, add the ginger and stir-fry briefly, then add chicken and shrimp, stir-frying until they change color. Add, in the following order, Chinese sausages, mushrooms, soy sauce, rice wine, and oyster sauce and stir-fry briefly.

Give the cornstarch mixture a quick restir. Make a "well" in the middle of the wok and add the cornstarch mixture, stirring to thicken. Mix with the other ingredients, and then remove from the wok and set aside.

Once the meat and vegetable mixture has cooled you can make the wraps. Begin by spooning a portion of the rice mixture into the center of a lotus leaf. Add approximately 3 teaspoons of the meat and vegetable mixture, placing it in the middle and forming a "rice ring" around it. Fold the lotus leaf over the rice to form a package and tie with the twine.

Reheat the wok with water for steaming and steam the wraps, a few at a time, for 15 minutes. (Add more boiling water to the wok as required). To serve, cut open the wraps.

Mah Gu Gai Pin

(This is the authentic Chinese version of Moo Goo Gai Pan. It means "fresh mushrooms cooked with sliced chicken.")

Serves 6

Ingredients:

Marinade:

1 tablespoon finely grated fresh ginger
1 1/2 teaspoons sesame oil
1 teaspoon Chinese white rice wine or gin
1/2 teaspoon sugar
1/4 teaspoon salt
1 1/2 teaspoons oyster sauce
1/2 teaspoon soy sauce
1 teaspoon cornstarch
Pinch freshly ground white pepper

1/2 pound skinless, boneless chicken breast, cut into 2-by-1 1/2-inch strips

Sauce:

2 teaspoons oyster sauce
1/2 teaspoon sugar
1 teaspoon soy sauce
1/2 teaspoon sesame oil
2 teaspoons cornstarch
Pinch freshly ground white pepper
5 tablespoons chicken stock

3 1/2 tablespoons peanut oil
1 tablespoon minced fresh ginger
1/4 teaspoon salt
1/4 pound small button mushrooms, stems removed and caps cut into 1/4-inch slices.
6 ounces snow peas, strings removed and cut into 1-by-1 1/2 inch pieces
1/4 cup bamboo shoots, cut into 1-by-1 1/2-inch pieces
4 water chestnuts, peeled and cut into 1/4-inch slices
1 tablespoon minced garlic
1 tablespoon Chinese white rice wine or gin

Directions:

1. In a large bowl, combine the marinade ingredients. Add the chicken and allow to rest for at least 30 minutes. Reserve. In a small bowl, combine the sauce ingredients and reserve.
2. Heat a wok over high heat for 30 seconds. Add 2 tablespoons of the peanut oil and coat the wok with it using a spatula. When a wisp of white smoke appears, add the ginger and salt and stir for 10 seconds. Add the mushrooms and stir for 10 seconds. Add the snow peas, bamboo shoots, and water chestnuts and cook, stirring, for 2 minutes. Turn off the heat, transfer the mixture to a bowl, and reserve. Wipe off the wok and spatula with paper towels.
3. Heat the wok over high heat for 20 seconds. Add the remaining peanut oil and coat the wok with it using the spatula. When a wisp of white smoke appears, add the garlic. When it begins to brown, add the chicken and marinade. Spread in a thin layer and cook for 2 minutes. Turn the chicken over and cook for 1 more minute. Drizzle the wine down the sides of the wok, stir into the chicken, and cook until the chicken is cooked through, about 1 more minute. Add the reserved vegetables and cook, stirring, for 2 minutes. Make a well in the mixture, stir the sauce mixture, and pour in. Stir well and cook until the sauce bubbles and thickens, about 30 seconds. Turn off the heat, transfer to a heated platter, and serve.

Mandarin Pancakes

Ingredients:

2 cups all purpose flour
3/4 cup boiling water
1 tablespoon cold water
2 tablespoons sesame oil

Directions:

Place the flour in a medium sized bowl, and gradually pour in the boiling water, stirring with a wooden spoon until it is mixed. Add the cold water, stirring. As soon as your hands can withstand the heat, knead the dough on a lightly floured surface until it is smooth and soft. Cover the dough with a damp cloth and let it stand for 30 minutes.

Roll the dough out onto a lightly floured board into a 16 inch long rope. Cut the dough into 16 1-inch pieces.

Shape the pieces into a ball. Use the palm of your hand to flatten each piece into a circle. Then brush the top of each piece with sesame oil and place one piece on top of another, oiled sides together. Continue until you have eight pairs.

Use a lightly floured rolling pin to roll each pair of cakes into a thin 6-inch circle. To maintain an even thickness and roundness, rotate the circles frequently and turn them over as well.

Heat an unoled non-stick pan over medium to low heat. Fry a pair of pancakes on both sides for approximately 1 minute on each side or until light brown bubbles appear. Remove from the pan and separate into two while still hot. (Once cooled, they are difficult to separate). Put on a plate and cover with a damp cloth while cooking the rest of the pancakes.

These pancakes can be prepared in advance and stored in a plastic bag in the fridge. To reheat, wrap pancakes in a clean cloth and steam for 5 minutes.

Mango Ice Cream

Yield: about 1 1/2 quarts

Ingredients:

2 cups fresh mango (4 - 6 mangoes)
1 cup sugar
2 cups cream
2 cups milk
1 teaspoon almond extract
1/4 teaspoon salt

Directions:

Pre-preparation: Cut and score the mango fruit, cutting into bite-sized pieces. Mix the mango pieces with 1/2 cup of the sugar. Cover with aluminum foil and store in the refrigerator overnight.

Next Day: Drain the mango, saving the syrup to use later.

Purify the mango pieces in a blender or food processor. Add to the reserved sugar syrup.

Combine the cream and milk in a saucepan and stir over medium heat until bubbly. Stir for one minute longer. Remove from the heat and cool.

Mix together the remaining 1/2 cup of sugar, the almond extract and the salt. Pour the cooled milk/cream mixture into the bowl with the sugar and other ingredients, stirring.

Mix with an electric beater until the liquid is frothy. Cover with aluminum foil and place in the freezer. After it has partially frozen (about 2 hours) take it back out and mix again with the electric mixer. Return to the freezer.

Mango Pudding

(Mango pudding is a popular dim sum dessert. Stephen Wong writes: This simple dessert captures the glorious flavor of mango like no other. Its texture is silky rich, and its flavor, simply wonderful. Fresh cream is called for in the original recipe, but evaporated milk gives it the same richness without the fat.)

Serves 8

Ingredients:

2 envelopes unflavored gelatin
3/4 cup (175 mL) sugar
1 cup (250 mL) hot water
3 cups (750 mL) pureed fresh mangoes
1 cup (250 mL) 2 percent evaporated milk
8 ice cubes
lime wedges, optional
fresh mango slices for garnish, optional

Directions:

Add gelatin and sugar to hot water and mix until dissolved and smooth.
In large bowl, mix mango puree, evaporated milk and ice cubes.
Pour gelatin mixture into mango mixture and stir until ice cubes are melted.
Pour mixture into jelly mould and chill until set, at least 3 hours.
To serve, dip jelly mould briefly in hot water then turn pudding out onto platter.
Squeeze on some lime juice, garnish with mango slices if desired and serve. (Best eaten within a day).

Each serving includes:

Calories 208, 49 g Carbohydrates, 5 g Protein, 1 g Fat, trace Saturated Fat, 3 mg Cholesterol, 4 g Fibre, 42 mg Sodium, 345 mg Potassium. An excellent source of vitamin A and vitamin C. A good source of fibre and vitamin E.

This is a sample recipe from "HeartSmart Chinese Cooking" by Stephen Wong, one of the books in the Heart and Stroke Foundation's Heart Smart Library. Recipe reprinted courtesy of Douglas & McIntyre).

Ma Po Tofu - Ma Po Dofu

A famous Szechuan recipe - the name Ma Po Tofu is roughly translated as "pockmarked grandmother beancurd," named for the old woman who supposedly invented the dish

Ingredients:

3 cakes regular tofu (medium firmness)
1/4 pound ground pork
1/4 tsp salt
1 tsp salted black beans
1 Tbsp chili paste
3 Tbsp stock (chicken broth)
1 leek or 3 green onions
Freshly ground Szechuan pepper

Marinade:

1 1/2 Tbsp tapioca starch
2 tablespoon soy sauce

Mixture:

1 Tbsp cornstarch
2 Tbsp water
2 Tbsp soy sauce

Oil for Stir-frying

Directions:

Mix marinade ingredients. Marinate pork for about 20 minutes.
Cut the bean curd into 1/2 inch (1 cm) square cubes, and blanch (drop into boiling water) for 2 - 3 minutes. Remove from boiling water and drain.
Chop leeks or green onions into short lengths.
Heat wok and add oil. When oil is ready, add the marinated pork. Stir-fry pork until the color darkens. Add salt and stir. Add the salted black beans. Mash the beans with a cooking ladle until they blend in well with the meat. Add the chili paste, then the stock, bean curd, and leek or green onions.
Turn down the heat. Cook for 3 - 4 minutes.
While cooking, mix cornstarch, water, and soy sauce together. Add to wok and stir gently. Serve with freshly ground Szechuan pepper.

Marinated Cabbage

Ingredients:

9 oz (250 g) cabbage
5 tsp soy sauce
1 tbsp sesame oil
1/4 tsp salt
1 1/2 tsp sugar



Directions:

1. Wash the cabbage leaves and cut into 1 inch by 2 inch (3 cm by 5 cm) strips.
2. Place the cabbage in a pot of cold water and bring to a boil. Cook for 2 to 3 minutes, remove, and drain. Place in a bowl.
3. Mix the soy sauce, sesame oil, salt and sugar together, pour over the cabbage, and serve.

Marinated Carrot Shreds

Ingredients:

9 oz (250 g) carrots
2 tsp salt, or to taste
1 tsp coriander (cilantro), chopped
1 tsp garlic shoot, shredded
5 tsp chili (chilli) oil
1 tsp sesame oil
1 1/2 tsp sugar
1 1/2 tsp vinegar



Directions:

1. Wash and peel the carrots. Cut into 2 3/4 inch (7 cm) shreds. Mix with 1 tsp of the salt and place in a sieve or strainer so the excess water drains off.
2. Rinse the salt off and squeeze off the excess water. Place in a bowl with the coriander and garlic shoot. Add the chili oil, the remaining 1 tsp salt, the sesame oil, sugar and vinegar. Blend well and serve.

Marinated Three Shreds

Ingredients:

1 small fresh cucumber, about
7 oz (200 g) 3 1/2 oz (100 g) carrots
1 sheet fenpi (mung bean flour skin)
1/4 tsp salt, or to taste
5 tsp soy sauce
4 1/2 tsp sugar
2 tsp vinegar
1 1/2 tbsp (25 g) fresh ginger, shredded
1 tbsp sesame oil
1/4 tsp MSG



Directions:

1. Seed the cucumber. Cut into 1 1/2 inch (4 cm) shreds. Peel the carrot and shred. Dip the fenpi in boiling water and shred.
2. Mix the cucumbers and carrots with the salt and let marinate. Squeeze out the excess water and place on a serving dish. Add the fenpi, soy sauce, sugar, MSG, vinegar, and ginger, and blend well. Sprinkle with the sesame oil, and serve.

Mashed Eggplant

Ingredients:

- 1 lb (500 g) eggplants
- 2 tsp sesame oil
- 2 tsp salt, or to taste
- 1 tbsp sesame paste
- 1/2 tsp fresh coriander (or cilantro), chopped
- 1/2 tsp chives, chopped
- 1 whole garlic, mashed



Directions:

3. Peel the eggplant and cut into thin slices. Place in a heat-proof dish and steam for 20 minutes, or until very soft. Mash and let cool.
4. Mix well with the sesame oil, salt, sesame paste, coriander, chives, and garlic and serve.

Match Stick Chicken (Hot Chicken Salad)

Ingredients:

1 chicken breast, cooked
2 sheets Liang fen pi (green bean paste)

Sauce:

1 1/2 teaspoons sesame seed paste (you can substitute peanut butter)
2 tablespoons soy sauce
1 teaspoon sugar
1 teaspoon sesame oil
1 teaspoon wine vinegar

1/2 teaspoon green onion, finely chopped
1/2 teaspoon ginger, finely chopped
1/2 teaspoon garlic, finely chopped

1 tablespoon hot chili oil

Directions:

Bring a pot of water to boil. Soak the Liang fen pi sheets in boiling water for 5 minutes. While the sheets are boiling, cut the cooked chicken breast into matchstick size pieces. Set aside.

Remove the boiled sheets from the stove and rinse with cold water. Cut into matchstick size, and arrange on a serving platter.

Heat wok and add oil. When oil is ready, add garlic and ginger. Stir-fry briefly, and add green onion. Add sauce ingredients. Bring to a boil, and add chicken. Stir-fry briefly. Adjust seasoning, adding chili oil if desired. Serve hot.

Mini Spring Roll Recipe

(Made with mini spring roll wrappers)

Yield: 20 Spring Rolls

Ingredients:

- 2 tablespoons vegetable oil
- 2 cloves garlic, finely chopped
- 2 teaspoons peeled and grated fresh ginger
- 3 1/2 oz (100 g) ground (minced) pork
- 3 1/2 oz (100 g) ground (minced) chicken
- 2 oz (60 g) ground (minced) shrimp
- 2 stalks celery, finely chopped
- 1 small carrot, finely chopped
- 6 canned water chestnuts, drained and finely chopped
- 4 scallions (shallots), finely chopped
- 1 cup (3 oz/90 g) shredded Chinese cabbage
- 2 teaspoons cornstarch (cornflour)
- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce
- 2 tablespoons chicken stock
- 1 teaspoon Asian sesame oil
- 20 frozen mini spring roll wrappers, about 4 1/2 inches (11.5 cm) square, thawed
- 2 teaspoons cornstarch (cornflour) mixed with 2 tablespoons water

4 cups (32 fl oz/1 L) vegetable oil for deep-frying

Directions:

Mix together the cornstarch, oyster sauce, soy sauce, and chicken stock. Set aside. Heat wok and add 1 tablespoon oil, swirling down the sides of the wok. When oil is ready, add garlic and ginger, stir-frying until fragrant (approximately 1 minute). Add the ground pork, chicken, and shrimp. Stir-fry until they change color (approximately 3 minutes). Remove the ingredients from the wok and set aside.

Add 1 tablespoon of oil to the wok. When hot, add, in the following order, the celery, carrot, water chestnuts, scallions, and cabbage. On high heat, stir-fry the vegetables until they have softened (approximately 2 minutes). Add the cornstarch/oyster sauce mixture. Bring the ingredients to boiling, and then reduce the heat to medium and continue cooking to allow the sauce to thicken (between 1 and 2 minutes). Remove the wok from the heat. When the ingredients have cooled add the pork mixture, stirring it in to mix well. Add the sesame oil.

Wrappers: Mix together the cornstarch and water. Carefully wet the edges of the spring roll wrapper with the cornstarch/water mixture. Mound 1 tablespoon of filling in the center. Roll the wrapper up diagonally, folding in the sides. Repeat until all the spring rolls are made.

Heat the 4 cups of oil in a wok, using a deep-frying thermometer to determine when the temperature reaches 375 degrees F (190 degrees Celsius). (If you don't have a deep-fry thermometer, just stick a bread cube in the oil - when it sizzles and turns a golden color, the oil is hot enough). Cook each spring roll until it turns golden brown, in batches of 4 at a time. Remove and drain on paper towels. Serve hot.

Mock Crab Claws

Yield: 10 - 12 crab claws

Ingredients:

300 grams (1 1/3 cups) potatoes
38 grams (2 2/3 tablespoons) walnut
2 teaspoons white sesame seeds
38 grams (2 2/3 tablespoons) tang flour (wheat starch, available at Asian markets)
1/2 carrot

Batter:

75 grams flour (5 1/4 tablespoons)
15 grams (1 tablespoon) glutinous rice flour
3/4 teaspoon baking powder
1/2 teaspoon salt
110 ml (3 3/4 ounces, just under 1/2 cup) water
1 1/2 tablespoons oil

Seasoning:

1/2 teaspoon salt
1 teaspoon sugar
1 1/2 tablespoons oil

Oil for deep-frying

Directions:

Boil the potatoes until they are tender and mash.
Boil the walnuts in boiling salted water for 5 minutes. Drain. Pour cold water over the walnuts and boil again in salted water for 5 minutes. Drain and allow to cool. (This is to remove the bitter taste from the walnuts).
Heat wok and add oil for deep-frying. When oil is ready, add the walnuts and deep-fry until they turn golden. Remove and cool. Dice.
Toast the sesame seeds.
Rinse the carrot, peel and cut into thick strips.
In a large bowl, mix together the batter ingredients.
Mix together the first five ingredients into a type of dough. Mix in the seasonings.
Divide the dough into 10 - 12 sections. Form each portion into the shape of a crab's claw.
Heat wok and add oil for deep-frying. When oil is ready, dip each "claw" into the batter and then deep-fry until it turns a golden color. Serve hot with Worcestershire sauce or seasoned salt.

Mock Fish Eggplants

Ingredients:

1 lb eggplant

Sauce #1

2 teaspoons hot bean sauce

2 tablespoons green onion

1 tablespoon finely chopped ginger

1 tablespoon finely chopped garlic

Sauce #2

1 teaspoon cooking wine

1 teaspoon light soy sauce

1 teaspoon sugar

1 teaspoon vinegar

6 cups plus 2 tablespoons oil for deep-frying and stir-frying

Directions:

Slice off the stalk of the eggplant, but do not peel it. Cut in half lengthwise, and then into pieces that are 1 inch long and 1/4 inch thick.

Heat wok and add oil. When oil is ready, deep-fry the eggplant. Add about half of the pieces, then remove with a slotted spoon and drain on paper towels. Deep-fry the remainder of the eggplant pieces. Remove, drain, and allow to cool.

Clean out wok with a paper towel. Add 2 tablespoons of oil. When oil is ready, add the eggplant and stir-fry briefly. Add sauce #1 and stir-fry for 30 seconds, then add sauce #2. Stir, remove and serve hot.

Mongolian Beef with Vegetables

Ingredients:

1 lb sirloin or flank steak

Marinade:

1 egg white

Pinch of salt

1 teaspoon sesame oil

1 tablespoon cornstarch

4 green onions, sliced on the diagonal into 1-inch pieces

1 8-ounce can baby corn

1 garlic clove, minced

Sauce:

3 TB hoisin sauce

2 TB water

1 TB dark soy sauce

2 tsp rice vinegar

1/4 tsp chile paste, or to taste

1 tsp sugar

1 cup oil for frying beef

2 TB oil for [stir-frying](#)

Directions:

Slice the beef across the grain into thin strips. Add the marinade ingredients in the order given and marinate the beef for thirty minutes.

To prepare the vegetables, wash the green onions and slice on the diagonal into 1-inch pieces. Peel and mince the garlic. Rinse the can of baby corn with warm running water. Drain thoroughly.

Mix together the sauce ingredients and set aside.

When the beef has finished marinating, heat the wok and add 1 cup oil. When oil is ready, add the beef and fry until it changes color. Remove the beef from the wok and drain on paper towels.

Clean out the wok with a paper towel, and add 2 tablespoons of oil for stir-frying.

When the oil is ready, add the garlic. Stir-fry briefly, and add the baby corn. Add the green onions.

Make a well in the middle of the wok by pushing the vegetables up to the side. Add the sauce and bring to a boil, stirring to thicken. Stir in the sugar. Add the beef and combine with the sauce and vegetables. Serve hot.

Mongolian Hot Pot

Ingredients:

1 lb. (500g) lean boneless leg of lamb
soy sauce
lamb tail fat, sliced
vinegar
ginger slices
rice wine
scallion slices
preserved Chinese chive flowers
soy sauce
10 preserved Chinese sweet garlic
For the dips Chinese coriander, chopped (or
cilantro)
sesame paste Chili(chilli) oil
fermented bean curd
Cooking utensil: a charcoal-burning fire fop
for cooking at the table
shrimp oil



Directions:

1. Cut the mutton into paper-thin slices about 2 1/2 inches by 1 inch(6cm by 3cm). It will be easier to slice if partially frozen first. Spread them on individual serving dishes. Arrange the dips and side dishes in bowls.
2. Half-fill the fire pot with boiling water. Add the sliced scallion and ginger, mutton tail fat and a little soy sauce. Cover the pot lid tightly. Fill the chimney with burning charcoal and bring the stock to a boil.
3. To eat , the diners mix their own sauces from the condiments and seasonings. Then they pick up the mutton slices and cook them in the boiling stock for a few seconds, until the meat turns pinkish-white. The meat is then dipped into the sauce. The best pastry to go with the meat is shaobing --the Chinese baked sesame cakes.

Mongolian Lamb with Scallions

(This dish is typical of the cooking of northern China)

Ingredients:

12 ounces lamb loin
2 garlic cloves, minced
2 pieces green onions, cut diagonally into quarters

Marinade:

2 teaspoons light soy sauce
2 teaspoons wine

Sauce:

1/4 teaspoon salt
1/2 teaspoon sugar
2 teaspoons dark soy sauce
2 teaspoons wine
2 teaspoons sesame oil

3 tablespoons oil
A few drops of sesame oil

Directions:

Cut the lamb into thin slices. Mix the marinade ingredients. Marinate the lamb for approximately 30 minutes. While lamb is marinating, mix the sauce ingredients. Heat wok and add oil. When oil is ready, add the garlic and cook until golden. Add the lamb, stir-frying quickly. Give the sauce a quick restir and add to the wok. Stir-fry until nearly all the sauce is absorbed. Sprinkle the cooked lamb with a bit of sesame oil before serving.

Mongolian Style Roast Lamb

Serves 8 to 10

Ingredients:

1 3-4-pound boneless leg of lamb
1/4 cup Chinese rice wine or dry sherry
3 tablespoons soy sauce
3 tablespoons hoisin sauce or char siu sauce
1 tablespoon sesame oil
2 tablespoons minced garlic
2 teaspoons minced ginger
1/2 teaspoon five-spice powder
6 scallions, trimmed

Directions:

Open lamb roast flat and score inside. Place in a Pyrex baking dish.
Combine remaining ingredients except scallions. Rub over inside and outside of lamb.
Cover and refrigerate for 4-6 hours.
When ready to roast, preheat oven to 325 degrees. Arrange scallions inside meat.
Reform lamb into a compact roll and tie with kitchen string.
Place on a rack in a foil-lined roasting pan. Roast 25-30 minutes per pound for rare,
or 30-35 minutes per pound for medium. Let rest 15 minutes before carving.

Moo Goo Gai Pan

(This is the western version of Mah Gu Gai Pin)

Serves 4

Ingredients:

3/4 pound chicken breasts
1 cup fresh button mushrooms
1/2 cup canned bamboo shoots, sliced
1/2 cup canned water chestnuts, sliced
1 slice ginger, finely chopped
1 garlic clove, minced

Sauce:

1 cup chicken stock*
1 -2 tablespoons oyster sauce
1/2 teaspoon sugar
1 tablespoon cornstarch

Seasonings:

2 tablespoons soy sauce
1 tablespoon rice wine or dry sherry
a few drops sesame oil
1 tablespoon cornstarch

Oil for Stir-frying

Directions:

Cut chicken breasts into strips. Add seasonings in the order given and marinate chicken for about 15 minutes.

While chicken is marinating, prepare vegetables. Rinse and slice bamboo shoots and water chestnuts. Slice and chop ginger, and peel and mince garlic clove.

Prepare sauce ingredients and set aside.

Heat wok and add oil. Add the chicken and stir-fry until it changes color. Remove and set aside.

Add 1 tablespoon oil. Add the garlic and ginger and stir-fry briefly. Add the mushrooms and stir-fry for several seconds, then add bamboo shoots, and water chestnuts. Stir-fry briefly. Give the sauce a quick restir, then make a well in the middle of the wok and add sauce. Cook, stirring, until the sauce is thickened. Return chicken to wok. Mix together and serve hot.

*You can also use chicken broth. Just bring it to a boil, add a bit of rice wine for flavor, and let it simmer for about 5 minutes. Another variation is to boil the mushrooms in the chicken broth before stir-frying.

Mooncakes

Makes 20

Filling:

1 pound red azuki beans
water
3/4 cup lard or oil
1-3/4 cups sugar

Directions:

Soak red beans in water to cover 2 hours. Drain and discard the water. Cover with 8 cups fresh water and bring to a boil, then simmer over low heat 1-1/2 hours or until skins open. Strain the beans and discard the skins. Place the strained beans in several layers of cheesecloth and squeeze out any excess water.

Place in a saucepan with the lard or oil and the sugar. Cook, stirring continuously, until almost all the moisture has evaporated. Let cool.

You will need 2 cups of filling for the mooncakes. Divide this into 20 portions and shape into balls.

Water-Shortening Dough:

2 cups flour
5 tablespoons lard
10 tablespoons water
1/4 teaspoon salt

Flaky Dough:

1 cup flour
5 tablespoons lard

red food coloring for design

Directions:

Mix ingredients for the water-shortening dough and the flaky dough separately until smooth. Divide each dough into 20 equal portions. Wrap one portion of flaky dough inside each portion of water-shortening dough. Roll out each piece of dough, then fold in thirds to form three layers. Roll out again, and once more fold in thirds to form three layers.

Flatten each piece of dough with the palm of your hand to form a 3" circle. Place one portion of filling in the center. Gather the edges to enclose the filling and pinch to seal. Place the filled packet in the mold, gently pressing to fit. Invert and remove the mold.

Dilute red food coloring with water and pour onto a damp paper towel on a plate. Take some food coloring onto the cookie-design stamp, then press on top of the mooncake.

Repeat process for remaining mooncakes. Arrange mooncakes on a baking sheet. Bake 20 minutes at 350 degrees. Let cool before serving.

*The author notes that making mooncakes is fairly complicated, and this recipe uses two doughs that are folded and rolled together in a manner similar to French puff pastry. Also, the mooncakes are formed in a special decorative aluminum mold and stamped with a Chinese cookie-design stamp, which might be available in better-stocked Chinese kitchenware stores. If necessary, you could substitute a miniature Bundt pan or fluted brioche pan and a Western cookie-design stamp. Finally, while this recipe has a sweet filling of red beans, you could mix in other ingredients, such as Chinese chopped dried fruits and chopped nuts.

Mutton Tarts

Ingredients:

4 1/2 cups (500 g) flour, sifted
1 cups (250 ml) vegetable oil
1 1/2 lb (750 g) lean mutton, minced
2 tsp salt, or to taste
4 tsp soy sauce
7 oz (200 ml) mutton stock
9 oz (250 g) cellophane noodles, boiled and
chopped in 1/4 inch (1 cm) sections
3 1/2 tbsp (50 g) scallions, chopped
2 tsp fresh ginger, chopped
1 tbsp (15 ml) sesame oil
1 tsp five-spice powder
1 tsp MSG



Directions:

1. Mix the mutton with 1 tsp of the salt, soy sauce and stock. Stir in one direction until it becomes a paste, then add the cellophane noodles, scallions, ginger, MSG, sesame oil, and five-spice powder and blend well. Divide the filling into 10 portions. Set aside.
2. Dissolve 1 tsp salt in 10 1/2 oz (300 ml) of water. Stir the water into the flour to make a dough. Knead well. Let stand for a while. Roll the dough into a long roll and cut into 10 round pieces. Roll out each round into thin circle. Add 1 portion of the filling to the center of the piece and seal it. Repeat until all the dough and filling are used.
3. Heat the oil in a pan to about 230oF(110oC), or until small bubbles appear around a piece of ginger or scallion green dropped into the oil. Add the tarts and fry over low heat for 5 minutes, or until the bottoms are brown. Turn the tarts over and continue to fry for 5 more minutes. Repeat until all the tarts are fried, drain well, and serve.

Muxi Pork

Ingredients:

1 oz (25g) wood ears, reconstituted
5 oz (150 ml) vegetable oil
1 oz (25g) golden needles
1 tbsp rice wine
3 1/2 oz (100g) lean boneless pork
1 tsp salt, or to taste
1/2 tsp fresh ginger, minced
1 oz spinach, cut into 3 inch (7 cm) pieces
1 tsp cornstarch (cornflour)
1/2 tsp sesame oil
2 tsp soy sauce 1/4 tsp MSG
3 eggs



Directions:

1. Wash the wood ears and drain. Soak the golden needles in warm water for 5 minutes. Drain and cut crosswise into halves. Set aside.
2. Wash the pork and cut it into slivers. Mix with the soy sauce, ginger, and cornstarch, and set aside.
3. Beat the eggs and mix with 3/4 tsp salt. Scramble the eggs in 5 tsp of the oil and set aside.
4. Heat 4 tsp of the oil in a wok over high to very hot, add the pork slivers and stir-fry for about 30 seconds, or until the meat is partially cooked. Stir in the rice wine. Remove the pork and set aside.
5. Heat the remaining 1 tbsp oil in the wok. Add the golden needles and wood ears and stir-fry for 30 seconds. Add the 1/4 tsp salt, MSG, and spinach pieces. Stir-fry until the spinach leaves darken slightly. Add the pork slivers and scrambled egg. Stir-fry another few seconds to blend the ingredients. Sprinkle with the sesame oil, and serve.

Nian Gao - Chinese New Year Cake

This sweet, cake-like *Nian Gao* has a slightly sticky texture or bite to it. This is a good recipe if you don't like standing over the stove worrying about the steamer boiling dry, if you don't want to pan fry lots of pieces, or if you want to share with non-Asians who might be used to a more cake-like cake.

Ingredients:

- 16 oz. Mochiko sweet rice flour
- One stick of butter or 3/4 cup of vegetable oil
- 3 eggs
- 2 1/2 cups milk
- 1 to 1 3/4 cup sugar--depending on if you like it sweeter
- 1 Tbl baking soda
- One can of red azuki beans

Directions:

1. Mix everything but the beans with an electric mixer at medium speed for 2 minutes. Beat for 2 more minutes at high speed.
2. Sprinkle Mochiko flour over a 9"x13" baking dish that has been oiled or sprayed with Pam
3. Spread half of the batter on the bottom of the baking pan
4. Spread the red azuki beans (you can mix some batter into the beans if they are too thick to spread)
5. Spread the other half of the batter over the red azuki beans
6. Bake in oven at 350 degrees for 40 to 50 minutes

Test for doneness by inserting a chopstick (this is Chinese New Year Cake after all). If it comes out clean, it is done

Noodles with Fried Bean-Paste Sauce

Ingredients:

1 lb (500 g) flour noodles
9 oz (250 g) lean and fat pork, minced
5 tsp (25 g) sweet fermented flour paste
(sweet bean sauce or hoisin sauce)
5 peppercorns
5 tbsp vegetable oil
1 tsp scallions, chopped
1 tsp fresh ginger, chopped
5 tbsp soy sauce
1 1/2 tsp salt, or to taste
1 cup (200 ml) clear stock
1 tbsp cornstarch dissolved in 1 tbsp water



Directions:

1. Add enough water to the bean paste sauce to make a thin paste. Heat oil in a wok until the oil surface ripples. Add peppercorns and deep-fry until fragrant. Remove and discard peppercorns. Add the pork, the scallions, ginger, soy sauce, salt and the paste. Stir-fry about 1 minute, then add the stock and cornstarch. Bring to a boil and cook, stirring, until thickened. Transfer to a serving bowl.
2. Bring a pot of water to a boil and add the noodles. Bring back to a boil and let cook for 30 seconds. Add cold water two or three times, each time bringing the water back to the boil until the noodles are just cooked. Drain in a colander and place on dishes or in bowls. Diners help themselves to some of the sweet bean paste, starting with about 1 tbsp and adding more to taste.

Noodles with Meat Sauce Mixture

Serves 4 to 6

Ingredients:

4 tablespoons oil
1/4 teaspoon ginger, minced
1 stalk scallion, chopped fine
1/2 pound ground pork or beef
1 tablespoon sherry
1 tablespoon light soy sauce
2 tablespoons bean sauce
2 tablespoons hoisin sauce
1 tablespoon sugar
1/2 to 1 tablespoon chili paste with garlic
10 water chestnuts, chopped fine
1/4 cup Szechwan preserved vegetable, diced
4 to 6 dried black mushrooms (soaked in boiling water 20 minutes, cooked 20 minutes, stems removed, diced)
1/2 can whole bamboo shoots, diced
1/4 cup chicken stock
1 pound Chinese egg noodles
1 tablespoon sesame oil
4 to 6 teaspoons light soy sauce
4 to 6 teaspoons sesame oil

Directions:

Heat 2 tablespoons of oil in wok. Stir-fry ginger and scallion 30 seconds. Add meat. Stir-fry 3 minutes. Add sherry and soy sauce. Cook 30 seconds. Remove. Heat 2 tablespoons oil in wok. Add bean sauce, hoisin sauce, and sugar. Stir-fry on low heat 2 minutes. Add chili paste with garlic, water chestnuts, preserved vegetable, mushrooms, and bamboo shoots. Stir-fry 2 minutes. Add pork and stock. Cook over low heat 5 minutes. Put noodles into boiling water. Cook uncovered 3 to 5 minutes. Drain. Rinse with cold water, then with hot water. Mix with sesame oil. Arrange noodles on platter. Pour meat mixture over them. Serve in individual bowls. Add 1 teaspoon light soy sauce and 1 teaspoon sesame oil to each bowl.

(Do not prepare in advance. Do not freeze).

Oil-Braised Prawns

Ingredients:

5 prawns, in shells, with heads
1 tbsp rice wine
2fl oz (50ml) vegetable oil
1/4 tsp. salt, or to taste
1 tbsp fresh ginger, shredded
1/4 tsp. sesame oil
1/2 cup (120ml) high stock
1 tbsp scallions, shredded
1 tbsp sugar
1/4 tsp. MSG (optional)



Directions:

1. Remove the heads from the prawns and set aside. Remove the legs, shell, devein and wash. Cut each prawn body into 3 equal sections.
2. Heat the oil in a wok until moderately hot. Add the prawn heads and ginger. Use a scoop to press the heads against the sides of the wok so the fat seeps out, colouring the oil red. Add the prawn sections and stir-fry for 1 minute. Add the stock, sugar, rice wine, MSG (optional), and salt. Simmer over low heat for 5 to 6 minutes, or until the prawns are just cooked.
3. Remove the prawn heads and place in dish with the prawn sections to top. Boil the sauce in the wok over high heat until thickened. Sprinkle with sesame oil. Add the scallions and garlic shreds, pour the sauce over the prawns, and serve.

Orange Beef

Made with dried orange peel, this spicy dish is from the Hunan region.

Serves 4

Ingredients:

1/2 pound thick flank steak, weighed after trimming, cut into strips 2 1/2 inches by 1/4 inch
1/2 teaspoon baking soda
1 tablespoon egg white, lightly beaten
1/2 teaspoon Shao-Hsing rice wine or dry sherry
Pinch freshly ground pepper
1 tablespoon peanut oil
2 tablespoon cornstarch

For the Sauce

2 teaspoons dark soy sauce
1 tablespoon sugar
1 teaspoon sesame oil
1 teaspoon Chinese white rice vinegar or distilled vinegar
2 tablespoons Chicken stock
Pinch freshly ground white pepper

5 dried small chilies
2 teaspoons minced fresh ginger
1 teaspoon minced garlic
1 fresh Thai chili, minced
1 1/2 tablespoons 1/2 by 1/8 inch pieces fresh orange peel, most of pith removed
2 scallions, trimmed and cut into 2-inch sections
6 slices fresh orange

3 1/2 cups peanut oil to deep-fry the beef, 1 tablespoon will also be used for stir-frying

Directions:

Marinate the beef with baking soda in the refrigerator for 8 hours, or, preferably, overnight. After marinating, wash thoroughly, twice, with cold water. Drain and dry with paper towels. Place the beef in a bowl, add the egg white, and mix well until the beef is coated. Add the wine, white pepper, 1 tablespoon peanut oil, and cornstarch, mixing with your hand each time an ingredient is added. Allow to rest for 1 hour, refrigerated. There should be no residue.

In a bowl, combine the sauce ingredients and set aside.

Heat a wok over high heat for 1 minute. Add the 3 1/2 cups peanut oil and heat to 400 degrees Fahrenheit. Place the beef strips, one at a time, in the oil and cook for 1 1/2 minutes, loosening the beef with a spatula. Remove with a strainer and drain. Heat the oil again to 425 degrees Fahrenheit. Place the beef strips again in the oil and cook for 2 minutes, until the beef becomes crisp. Remove and allow to drain.

Drain off all but 1 tablespoon oil from the wok and heat over high heat for 20 seconds. Add the dried chilies, stir, and cook until darkened. Add the ginger and garlic and stir briefly. Add the fresh chili and orange peel and stir briefly. Add the scallions, and mix well. Add the beef and cook, stirring, for 45 seconds. Make a well in the center of the mixture, stir the sauce mixture, and pour in. Mix well until the sauce is absorbed and the beef acquires a shiny coating. Remove to a serving dish and serve, garnished with the orange slices.

Orange Chicken

Made with chile paste and orange juice, this recipe for Orange Chicken is great for busy weeknights.

Serves 4

Ingredients:

4 boneless, skinless chicken breasts, cut into 1-inch cubes

Marinade:

1 tablespoon dry sherry

1/2 tablespoon cornstarch

Sauce:

1/3 cup orange juice*

2 tablespoons dark soy sauce

1 teaspoon sesame oil

1 teaspoon brown sugar

1/4 teaspoon chile paste

1 clove garlic, minced

1 slice ginger, minced

Oil for stir-frying

Directions:

Place the cubed chicken in a bowl, and add the marinade ingredients. Marinate the chicken for 30 minutes.

While the chicken is marinating, prepare the sauce ingredients and the garlic and ginger.

Heat the wok and add oil. When oil is ready, add the garlic and ginger and stir-fry until aromatic.

Add the chicken and stir-fry until it changes color. Push up to the sides of the wok, making a well in the middle. Add the sauce.

Combine the sauce and the chicken. Stir-fry for another minute and serve hot.

*If you find the orange flavor too overpowering, try substituting a combination of orange juice and water to make 1/3 cup.

Orange Chicken with Red Chiles

This chicken and chile dish is a standard in western China, where the flavors of poultry and citrus are often combined. Dried orange peel is available in Asian markets. Any small, dried red chiles may be used in this recipe. Serve it over steamed rice or rice pilaf.

Serves 2

Ingredients:

Marinade:

- 1/2 tablespoon cornstarch
- 1 tablespoon dry vermouth or white wine
- 1/2 pound boneless chicken breast, cut into 1/2 inch pieces

Sauce:

- 1/2 tablespoon minced ginger
- 1/2 tablespoon minced garlic
- 1 green onion, minced
- 1/2 teaspoon ground Sichuan peppercorns
- 1 tablespoon dry vermouth or white wine
- 2 tablespoons soy sauce
- 1 tablespoon hot bean sauce
- 2 tablespoons dried orange peel, soaked in hot water for 1/2 hour and shredded
- 2 teaspoons sugar or honey
- 1/2 teaspoon sesame oil

The Stir-Fry:

- 2 tablespoons peanut oil
- 6 small dried hot red chiles, such as Japonese or de Arbol

Directions:

Combine the ingredients for the marinade in a bowl, stir well, and add the chicken. Let sit for 30 minutes.

Combine all the sauce ingredients in a bowl, stir well, and set aside.

Heat the wok over high heat. Add the peanut oil and when it just begins to smoke, add the chiles and marinated chicken. Stir-fry for about 1 minute. Add the sauce and stir-fry for an additional 30 seconds. Remove the chiles before serving.

Heat Scale: Medium

Oriental Apricot Chicken

Prep: 10 min, Cook: 10 min.

Ingredients:

- 4 boneless skinless chicken breast halves
- 1 lb. canned apricot halves in syrup, drained, halved, liquid reserved
- 2 Tbs. soy sauce or tamari
- 1 Tbs. Oriental sesame oil
- 1/4 cup sherry
- 3/4 cup all purpose flour
- 1 tsp. paprika
- 1/4 tsp. cayenne pepper
- 6 scallions, including some green, chopped into 1/2 inch pieces
- 1 tsp. sesame seeds
- 3 Tbs. fresh cilantro, chopped

Directions:

Place chicken between two sheets of wax paper and pound lightly with a mallet or other heavy flat object to flatten to 1/2 inch thickness. Combine reserved apricot liquid with soy sauce, 1/8 tsp. oil and sherry in a bowl. Set aside. Combine flour with paprika, cayenne and salt and pepper to taste in a shallow dish. Dredge chicken in flour mixture to coat, shaking off excess. Heat 2 Tbs. oil in a heavy nonstick skillet over medium high heat. Sauté scallions 2-3 minutes, until lightly browned. Transfer with a slotted spoon to a bowl. Add chicken and cook 3 minutes, until browned. Turn chicken, reduce heat to medium low, and add cooked scallions and apricots. Drizzle with sherry mixture. Cover skillet and simmer 5 minutes, turning chicken once. Serve with sauce and sprinkled with sesame seeds and cilantro.

Per serving: calories 380, fat 7.5g, 18% calories from fat, cholesterol 106mg, protein 44.9g, carbohydrates 31.7g, fiber 4.1g, sugar 25.6g, sodium 587mg, diet points 7.9.

Dietary Exchanges: Milk: 0.0, Vegetable: 0.8, Fruit: 1.2, Bread: 0.1, Lean meat: 0.0, Fat: 1.0, Sugar: 0.0, Very lean meat protein: 5.5

Oriental Pat

While mainstream American chefs are discovering Asian ingredients, it is also happening the other way around. American born Chinese chefs like Ken Hom, who had grown up in a family-owned Chinese restaurant, went on to be trained in the art of French cuisine and has been artfully combining these two great world cuisines ever since.

Yield: about 40 pieces

Ingredients:

1/3 pound chicken livers
1 shallot, minced
1/3 stick butter, softened
2 teaspoons ginger, minced fine
1 large garlic clove, minced
2 teaspoons oyster sauce
1 teaspoon dry hot mustard
3/4 teaspoon dried orange peel
10 sprigs cilantro
1/3 pound cream cheese, softened

Directions:

Bring a saucepan of lightly salted water to a boil. Drop in the livers. Turn the heat down and simmer. Meanwhile, set aside several sprigs of cilantro for garnishing and mince the rest. Saut?the shallot, ginger, and garlic. Remove and allow to cool. Toss all the ingredients into a food processor (a mixer should work too, although I would suggest chopping the livers into smaller pieces first). Do not overprocess or you will end up with liver soup! Pour into a generously greased 9 x 5 x 2 inch loaf pan. Cover with a clean dish towel and refrigerate until firm.

To remove, use a knife to cleanly separate the pat?from the side of the pan. Turn it out onto your serving platter. Smooth any unevenness in the surface with a knife and garnish with fresh sprigs of cilantro. I actually take sprigs of three leaves each and lay them flat in the pat.

Oyster Sauce

(Oyster sauce is found in many Cantonese stir-fry dishes. Refrigerated, this sauce will keep for several months)

Yield: about 4 cups

Ingredients:

- 2 cups of fresh oyster meat
- 3 cups of water
- 1 cup of bottled clam juice
- 1 teaspoon of salt
- 1 clove garlic
- 1 green onion, white portion only
- 1 slice of fresh ginger, 1/8-inch thick
- 1/4 cup of soy sauce
- 1 teaspoon granulated sugar
- 2 teaspoons cornstarch (cornflour)
- 3 tablespoons water

Directions:

Prepare meat and vegetables: Wash and drain the oyster meat, and peel and crush the ginger.

In a saucepan, bring the oyster meat, water, clam juice, salt, garlic, green onion and ginger to a boil on medium-high heat. Adjust the heat, cover, and simmer for 30 minutes.

Mix together the soy sauce, sugar, cornstarch, and 3 tablespoons of water.

After 30 minutes, remove the lid from the saucepan and gradually add the cornstarch/sugar/soy mixture, stirring as you do so. Simmer for about another 10 minutes, stirring periodically.

Set a strainer (sieve) over a large bowl and pour the oyster mixture through it, keeping the liquid and getting rid of the solids (this includes the cooked oysters). Refrigerate in a tightly sealed jar.

Oyster Sauce Chicken

Serves 4

Ingredients:

1-1/2 tablespoons oil
8 chicken drumsticks, thighs, or a mixture of both
1/3 cup chicken broth
3 tablespoons soy sauce
3 tablespoons oyster sauce
3 tablespoons Chinese rice wine or dry sherry
1/2 teaspoon sugar
2 cloves garlic, peeled and flattened
2 slices fresh ginger, flattened
1 teaspoon cornstarch
1 teaspoon water
1/2 teaspoon sesame oil
minced scallions or cilantro (garnish)

Directions:

Heat oil in a wok or large skillet. Add chicken (in batches if necessary) and brown well on all sides. Meanwhile, combine remaining ingredients in a Dutch oven or flameproof casserole and bring to a boil over high heat.

Transfer chicken to the casserole with a slotted spoon, draining excess oil. Turn to coat with sauce. Reduce heat to low and simmer, covered, about 45 minutes until chicken is tender and cooked through. Remove and discard garlic and ginger pieces. Dissolve cornstarch in water and add to the sauce. Cook, stirring, until slightly thickened. Stir in sesame oil just before removing from heat. Serve garnished with minced scallions or cilantro.

Pancake with Egg Filling

Ingredients:

- 1 1/2 cups (200 g) flour, sifted
- 4 eggs
- 2 tsp scallions, chopped
- 1 tsp salt, or to taste
- 7 fl oz (200 ml) vegetable oil



Directions:

1. Mix the flour with 7 oz (200 ml) of water. Knead until the dough is soft, smooth and elastic.
2. Roll out the dough into a large flat circle. Rub oil all over the surface of the dough, sprinkle with scallions and salt. Roll the piece away from you. Lift one end, press down to make into a ball. Roll out the ball into a flat circular dough.
3. Place the dough on a heavy frying pan, bake the cake until almost cooked. Lift the cake with one hand and make an opening at the rim. Using the rolling pin to make a hollow inside the cake. Beat eggs and pour into the hollow of the cake. Pinch and seal the opening. Add a little oil to the pan, continue to bake until the eggs inside the cake swell. Remove and serve.

Panfried Noodles

(Chinese panfried noodles should be crisp and golden brown on the outside, and tender on the inside.)

Serves 6

Ingredients:

2 1/2 tablespoons safflower or corn oil

1 pound fresh or dried noodles

1 1/2 teaspoons toasted sesame oil

Directions:

Grease an 8 or 9-inch round cake pan, quiche pan, or pie plate with 1 teaspoon of the oil.

In a large pot, bring 4 quarts of water to a rolling boil. Add the noodles and stir to separate. Return to a boil, reduce the heat to medium, and cook, stirring from time to time, until the noodles are tender but firm.

Drain in a colander, add sesame oil, and toss. Transfer the noodles to a cake pan and let cool.

Heat a well-seasoned wok or a heavy skillet over high heat until very hot, about 30 seconds. Add the remaining oils; heat until almost smoking hot. Invert the noodle cake into the wok and fry over medium-high heat, swirling occasionally so the noodles won't stick, until a deep golden brown on the bottom, 5 to 8 minutes. Using a spatula, flip the noodle cake over and brown the other side. If not serving immediately, transfer to a heat-proof platter and keep warm in a low oven.

Pan Fried Chicken Sandwiches

The author writes that this is "a kind of small thin sandwich in which the bamboo shoots provide the crunchy "heart," the pork fat the crackling base, the chicken the savory top, and the ham its saltiness."

Serves 4 - 6 with other dishes

Ingredients:

6 ounces chicken breast meat, cut into thin slices 1 1/2 by 1 inch (should give 12 - 15 slices)

1 cup bamboo shoots, rinsed in warm water and chopped

6 ounces pork fat

2 green onions, finely chopped

1 slice ginger root

1 1/2 teaspoons salt

1 1/2 tablespoons soy sauce

2 ounces ham, chopped fine

1 egg

1 tablespoon cornstarch

1 cup oil for frying

dash of pepper if desired

Directions:

First, prepare the pork fat. Bring a pot of water to a boil. Boil the pork fat for about 20 minutes. Combine the green onion, ginger, salt, and soy sauce in a bowl. Add the chicken slices and marinate for approximately 15 minutes.

While the pork is boiling and the chicken marinating, prepare the bamboo shoots and ham if not already done. Beat the egg and mix it with cornstarch to make a batter. Set aside.

Cut the pork fat into pieces about the same size as the chicken slices. Wipe each piece with a hot dampened cloth.

To make the sandwiches, use the pork fat as a base, with the bamboo shoots in the middle, and the sliced chicken on top. Use a bit of egg/cornstarch mixture between each layer so they will stick together. Lightly cover the tops of the sandwiches with the remaining batter and then top with the chopped ham.

Heat the wok and add oil. When oil is ready, carefully add the sandwiches and fry for about 3 - 4 minutes. Turn them over and fry for another minute, and then turn them over once more until the pork fat has browned. Drain on a tempura rack attached to the wok if you have one, and then on paper towels. Serve.

Paper-wrapped Chicken

In this popular banquet appetizer marinated chicken is wrapped in paper and deep-fried

24 Chicken Packages

Ingredients:

2 pounds skinless, boneless chicken breasts

Marinade:

3 tablespoons soy sauce
3 tablespoons oyster sauce
1 slice ginger, shredded
1 tablespoon sesame oil
1 tablespoon sherry
3 teaspoons sugar
1/2 teaspoon five spice powder

3 - 4 Chinese dried mushrooms, softened and thinly sliced (24 slices, 1 for each packet)
3 green onions, thinly sliced on the diagonal (2 - 3 slices for each packet)
24 sprigs cilantro (coriander leaves)
24 6-inch squares of cellophane paper, cooking parchment paper, or aluminum foil

peanut oil for deep-frying

Directions:

Cut the chicken into thin slices roughly 2 1/2 inches long (to make 48 slices). Pound lightly on the back of the chicken to tenderize.

Mix together the marinade ingredients and marinate the chicken for one hour. After the chicken has been marinating for 45 minutes, add the mushrooms and green onions. This allows them to absorb the marinade.

To wrap the chicken: paper-wrapped chicken is normally wrapped envelope style. Take a square of paper and lay it out so that it forms a diamond shape in front of you. Add 2 of the chicken slices, 1 slice of mushroom, 2 slices of green onion and a coriander sprig (if desired) in the middle, being sure to keep the filling in the center and not near the edges. Bring the bottom corner of the diamond up over the chicken. Fold the right side over toward the middle, then the left side, so that one is overlapping the other. Roll up the section of the foil that contains the chicken, and then tuck the triangle at the top into the flap. It is very important to make sure the packets are well sealed so that no oil seeps in.

Heat wok and add oil for deep-frying. When the oil is ready, slide the packages in, about 6 at a time so as not to overcrowd the wok. Deep-fry the packets, stirring occasionally, until the chicken is cooked through (about 3 minutes). Drain on paper towels. Continue deep-frying the rest of the packets.

Serve the chicken packets on a large platter, garnished with greens if desired. Guests can open the packets with either chopsticks or their fingers.

Peaches in Syrup

Ingredients:

- 1 1/2 lb (750 g) peaches
- 2 tbsp (50 g) honey
- 10 tbsp (100 g) sugar or to taste



Directions:

1. Halve the peaches and remove the pits. Place in a heat-proof bowl and steam until tender and cooked through. Peel and cut each half again. Let cool.
2. Bring 5 cups (1,250 ml) of water to a boil. Stir in the sugar and honey and boil until the syrup thickens. Pour over the peaches, let cool slightly, and sever.

Peanut Sauce - Chinese-Style

Peanut sauce is a great way to add flavor to appetizers, salads, and satays. The Chinese version of peanut sauce doesn't have the sharp taste of Thai peanut sauce recipes made with curry paste, but is just as flavorful.

Ingredients:

- 1/4 cup low sodium chicken broth
- 1/2 cup peanut butter
- 3 garlic cloves, minced
- 2 tablespoons cilantro leaves, chopped
- 2 mint leaves, chopped
- 1 tablespoon plus 2 teaspoons sugar
- 2 tablespoons soy sauce
- 3/4 teaspoon chili powder, or to taste

Directions:

Warm the chicken broth in a small saucepan and keep warm on low heat. Process the peanut butter, garlic cloves, cilantro and mint leaves and sugar in a blender or food processor. Slowly add the warmed chicken broth and process again. Remove from the blender and stir in the soy sauce, and the chili powder to taste. Serve peanut sauce with satay and salads, or as an appetizer dip.

Peanut Sticky Rice

Serves 4 to 6

Ingredients:

1 cup raw peanuts
2 cups glutinous rice
1 cup water
1/2 cup coconut milk
1/2 teaspoon salt
1 tablespoon oil

Garnish:

1/2 cup shredded coconut
2 tablespoons crushed roasted peanuts (optional)
2 tablespoons sesame seeds (optional)

Directions:

1. Soak raw peanuts and glutinous rice in two separate pans for at least three hours in warm water, or preferably overnight, then drain.
2. In a saucepan, cover peanuts with water and bring to a boil. Simmer for 20 minutes.
3. Using a nonstick saucepan, combine cooked peanuts, rice, water, coconut milk, salt and oil and bring to a boil. Immediately turn down the heat and stir gently. Cover tightly, turn the heat to very low and cook until all water is absorbed - about 20 minutes. Before serving, fluff rice with chopsticks or a fork. If using a steamer, omit water. Combine cooked peanuts, rice, peanuts, coconut milk, salt, and oil. Steam 20 minutes over boiling water.

To serve: Garnish with shredded coconut. If you wish, add crushed peanuts, sesame seeds, a little salt, and/or sugar to taste. This dish can be served by itself or with an entree.

Pearly Pork Balls

Ingredients:

9 oz (250g) pork, 1/3 lean, 2/3 fat, or commercially-ground pork
1 1/2 tsp. sugar
1 tbsp soy sauce
2 tbsp cornstarch, dissolved in 2 tbsp water
1/2 tsp. salt, or to taste
1/2 tsp. scallions, chopped
1 tsp. rice wine
1/2 tsp. fresh ginger, minced
2 eggs, beaten
1/4 tsp MSG (optional)



Directions:

1. Mince the pork if not already ground. Mix with the 1/4 tsp. salt, soy sauce, MSG (optional), rice wine, eggs, sugar, cornstarch, scallions, and ginger. Set aside.
2. Wash the rice in several changes of water until the water runs clear. Then pour boiling water over it and drain.
3. Lightly shape the meat mixture into balls about 1 inch (25mm) in diameter and roll them in the rice, covering them completely.
4. Mix the 1/4 tsp. salt (or to taste) with the rice that remains and spread it in the bottom of a large heat-proof bowl. Place the meat balls on the rice and set the bowl in a steamer. Steam for 25 minutes over high heat, then turn the heat to low and steam 10 minutes, or until the pork is cooked. Remove and serve.

Peddler's Hot and Spicy Noodles (Dandan Noodles)

Ingredients:

1 lb (500 g) flour noodles
4 tbsp sesame paste
5 tsp sesame oil
5 oz (150 ml) soy sauce
3 tbsp vegetable oil or lard
5 tsp scallions, chopped
2 oz (50 g) Sichuan preserved cabbage,
chopped, or fresh coriander (or cilantro)
5 tbsp chili (chilli) oil
1 tsp MSG



Directions:

1. Mix the sesame paste with the sesame oil and set aside. Mix together the soy sauce, vegetable oil or lard, scallions, preserved cabbage or coriander, MSG, and chili oil, and divide among 5 serving bowls.
2. Bring a pot of water to a boil and add the noodles. Bring back to a boil and let cook for 30 seconds. Add enough cool water to stop the boiling, then back to the boil. Add more cool water and bring to a boil a third time. This time, boil until the noodles are just cooked. Drain well in a colander and divide among the 5 bowls. Blend the noodles with seasonings, and serve.

Peking Duck

Serve 4 to 6

Ingredients:

One 5 to 6 pound duck
8 cups water
1 slice ginger
1 scallion, cut into halves
3 tablespoons honey
1 tablespoon white vinegar
1 tablespoon sherry
1 1/2 tablespoons cornstarch, dissolved in 3 tablespoons water
Scallions for garnish

Directions:

Clean duck. Wipe dry and tie string around neck.
Hang duck in cool, windy place 4 hours.
Fill large wok with water. Bring to boil. Add ginger, scallion, honey, vinegar, and sherry. Bring to boil. Pour in dissolved cornstarch. Stir constantly.
Place duck in large strainer above larger bowl. Scoop boiling mixture all over duck for about 10 minutes.
Hang duck again in cool, windy place for 6 hours until thoroughly dry.
Place duck breast side up on a greased rack in oven preheated to 350 degrees. Set a pan filled with 2 inches of water in bottom of oven. (This is for drippings). Roast 30 minutes.
Turn duck and roast 30 minutes more.
Turn breast side up again. Roast 10 minutes more.
Use sharp knife to cut off crispy skin. Serve meat and skin immediately on a prewarmed dish.
The duck is eaten hot with hoisin sauce rolled in Mandarin Crepes. Garnish with scallion flowerets.

(May be prepared in advance through step 5. Do not freeze.)

Peking Dust

The ground chestnut in this recipe represents the yellow dust of the Mongolian dessert.

Serves 8 - 10

Ingredients:

2 pounds fresh chestnuts
1/2 teaspoon salt
1/4 cup sugar
1 1/4 cups heavy cream
3 1/2 tablespoons caster sugar
a few drops vanilla extract (optional)

Directions:

Make a cut on the flat side of each chestnut. Simmer the chestnuts in boiling water for 40 - 45 minutes.

Drain the chestnuts, allow to cool, and then shell them, being sure to remove all of the inner skin.

Grind the chestnuts into a fine powder. Combine with the salt with the sugar, stirring. Whip the cream into the desired thickness and then fold in the caster sugar. Add the vanilla extract now if desired.

To Serve: Either form the chestnut mixture into one large mound or form smaller mounds in individual serving bowls. Top with the whipped cream mixture.

Peking Style Sauce

This dip makes an excellent accompaniment with deep-fried tofu triangles.

Serves 4

Ingredients:

- 1/4 cup dark soy sauce
- 2 tablespoons red wine vinegar
- 1 tablespoon distilled white vinegar
- 1 teaspoon Oriental chili oil
- 3 tablespoons chopped cilantro or scallions

Directions:

Combine all ingredients. Use as a dip.

Peppery-Hot Mutton

Ingredients:

- 1 lb. (500g) cooked mutton
- 1 tbsp soy sauce
- 2 dried hot red chili (chilli) peppers
- bone stock
- 3 1/2 oz (100ml) vegetable oil
- 1/4 tsp. ground Sichuan peppercorns
- 1/2 tsp. scallions, sliced diagonally
- 1/4 tsp. sesame oil
- 1/2 tsp. vinegar
- 1/4 tsp. MSG (optional)



Directions:

1. Slice mutton. Halve, seed, wash , and dice the chili peppers.
2. Heat the oil in a wok to very hot, or until the oil surface ripples. Add the mutton slices and fry for 30 seconds. Remove and drain.
3. Pour the oil out of the wok, leaving only enough to cover the bottom. Reheat and add the scallions and chili peppers, stir-frying until fragrant. Add the mutton and stir in the vinegar, salt, soy sauce, and enough stock to cover the mutton about half-way . Sprinkle with the ground peppercorn and bring to a boil. Turn the fire to low and simmer until the sauce thickens. Add MSG (optional), Sprinkle with sesame oil, remove, and serve.

Peppery-Hot Pork Slices

Ingredients:

9 oz (250 g) lean boneless pork
1/4 cup meat stock
1 egg white, beaten slightly and mixed with a little flour into a paste
2 cups (500ml) vegetable oil for deep-frying; uses about 5 oz (150ml)
1/4 tsp. salt, or to taste
3 1/2 oz (100g) Chinese cabbage hearts (bok choy), sliced
1 tbsp hot soybean paste
1/2 tsp. Sichuan peppercorns, crushed
1 tbsp soy sauce
1 tbsp hot chili (chilli) oil
1/4 tsp. sugar
2 tsp. sesame seeds, roasted and ground
1/2 tsp. fresh ginger, chopped
1/4 tsp. MSG(optional)
1 1/2 tsp. cornstarch (cornflour) dissolved in
1 1/2 tsp. water



Directions:

1. Cut the pork into slices about 2 inches by 1/8 inch (5 cm by 26mm by 4mm). Mix with the egg white paste and 1/8 tsp. of the salt. Set aside.
2. Mix the soy sauce, sugar, ginger, MSG, cornstarch, and stock into a sauce and set aside.
3. Heat 2 tbsp of the oil in a wok to moderately hot, add the cabbage and 1/8 tsp. salt, stir-fry until cooked. Remove, drain, and set aside.
4. Add the rest of the oil to the wok and heat it to about 230oF(110oC) . Add the pork slices, stirring to keep them from sticking together. Cook until done, remove, and drain well.
5. Pour the oil out of the wok and reheat it. Add the peppercorns and soybean paste and stir-fry until the peppercorns turn purplish-red. Add the pork, sauce, chili oil, and ground sesame seed, and stir-fry until the sauce thickens. Pour the meat and sauce over the cabbage hearts and serve.

Pho Bo Beef Noodle Soup

A nourishing soup made with flat rice noodles, Pho Bo is popular throughout Vietnam.

Serves 4 to 6

Ingredients:

Beef Broth:

1 small onion, chopped
1 2-inch stick ginger
2 pounds beef bones
12 cups water
6 star anise
1 teaspoon salt
1 teaspoon sugar
1 pound lean, tender beef

Noodles:

1 16-ounce package dry, flat rice noodles (pho)

Garnish:

3 scallions, thinly sliced
1 large onion, thinly sliced
10 cilantro sprigs, finely chopped
1 cup bean sprouts
10 sprigs basil
10 sprigs fresh culantro (ngo gai)
fresh red or green chile pepper, thinly sliced

Accompaniments:

lime or lemon quarters
fish sauce
hoisin sauce
hot chile sauce

Directions:

Broil onion and ginger until they look burned. Using back of cleaver, smash the ginger and set aside.

Wash beef bones, place in a large soup pot and add water to cover. Bring to a boil and immediately pour off this "first boiling" water and discard. Add another 12 cups of fresh water and again bring to a boil. Skim off foam. Add the broiled onion and ginger, star anise, salt and sugar. Over medium-low heat, simmer for 30 minutes.

Slice raw beef into thin strips and set aside.

Remove bones from broth and strain out vegetables and seasonings.

Soak noodles in cold water for 10 minutes. Drain. In a soup pot bring two quarts fresh water to a boil. Add drained noodles and cook seven minutes at a rolling boil, stirring occasionally until noodles are tender.

Rinse noodles under cold running water and set aside.

Return the broth to a boil over high heat.

*Culantro is a leafy herb with a similar aroma to cilantro, although more pungent. If unavailable, increase the amount of cilantro or simply leave out.

Pickled Carrots

Ingredients:

2 cups white vinegar
1 cup sugar
1 cup water
1/2 teaspoon salt
Baby carrots

Directions:

Wash the carrots and place in a glass jar. Add the remaining 4 ingredients in a saucepan and bring to a boil, stirring to make sure the sugar is dissolved. Pour the mixture over the carrots, seal tight, and refrigerate. Wait at least 2 days to use.

Piquant Chicken

Ingredients:

1 whole fryer chicken or capon, about 2 lb.(1,000g)
1 tsp. chili (chilli) oil
2 tbsp soy sauce
1/2 tsp. sesame oil
1 tsp. vinegar
1/2 tsp. pepper
1 tsp. scallions, chopped
1/2 tsp. ground Sichuan Peppercorn
1 tsp. fresh ginger, chopped
1 tbsp sugar
1/2 MSG(optional)



Directions:

1. Wash the chicken and place in a pot of boiling water to cover. Boil over high heat for 30minutes, remove, drain, and let cool. Chop into 1 1/2 inch by 2 inch (4cm X 5cm)pieces and place in a serving dish.
2. Mix all the seasonings together until the sugar is dissolved. Pour over the chicken and serve.

Note: This dish is known for its combination of piquant, peppery-hot flavours, hence the Chinese name " Piquant Chicken."

Plum Sauce

Ingredients:

1 cup plum jam
1 tablespoon vinegar
1 teaspoon onion powder
1/4 teaspoon ginger powder
1/4 teaspoon allspice
1 pinch of garlic salt
1/3 - 1/2 cup of water (depending on how thick the jam is)

Directions:

Mix the ingredients together well. Bring to a boil on low heat. Cool the sauce and store in a jar in the refrigerator. Use within a few days.

Pomegranate-Shaped Dumplings

Ingredients:

4 1/2 cups (500 g) flour, sifted
2 egg whites
1 lb (500 g) lean boneless pork, beef or other meat, diced
5 oz (150 g) cooked meat, diced
3 1/2 tsp vegetable oil or lard
3 1/2 oz (100 g) canned bamboo shoots, diced
1 tsp shrimp eggs
1 tbsp fresh ginger, chopped
1 tsp rice wine
2 tbsp salt, or to taste
3 1/2 tbsp soy sauce
3 1/2 oz (100 ml) sesame oil
7 oz (200 ml) stock
1 tbsp MSG



Directions:

1. Mix flour with egg whites and water to make a firm dough, following the directions for Recipe 170, "Sauteed Dumplings, Henan Style." Divide the dough into 50 portions and each into a circle 5 inches (13 cm) in diameter. Stack 10 fine pieces, one on top of the other. Flour lightly between each of the ten pieces. Press the end of the rolling pin into the dough circularly to make 1 inch (25 mm) long marks, and separate them to avoid sticking.
2. Heat the oil or lard in a wok until the oil surface ripples. Add the cooked meat and bamboo shoots and stir-fry briefly. Add the shrimp eggs, ginger, 1 tsp of the rice wine, 1 tsp of the salt, and 1/2 tsp of the MSG. Continue to stir-fry 1 minute. Remove and cool. Mix the uncooked meat with the remaining 1/2 tsp of MSG, 1 tsp of the rice wine, 1 tsp of the salt, soy sauce, sesame oil and a little water. Add the bamboo shoots and cooked meat. Mix well. Divide the filling into 50 portions.
3. Take a pastry circle and place 1 portion of the filling in the center. Pull up the edges of the pastry around the filling to make a cylinder, leaving the top open so the filling is visible and the dumpling resembles a pomegranate. repeat until all the dumplings are made.
4. Place the dumplings in a steamer and steam for 5 minutes over high heat. Sprinkle with the stock and continue to steam until cooked through. Remove and serve.

Popped Rice with Shrimp

Serves 2

Ingredients:

6 ounces raw shrimp, peeled
4 ounces pork tenderloin
5 black dried mushrooms
2 tablespoons canned green peas
10 pieces crispy rice (see below)
3 cups soup stock

Shrimp Seasoning:

1/2 teaspoon salt
2 teaspoons cornstarch

Pork Seasoning:

1/2 tablespoon soy sauce
1/2 tablespoon cornstarch

4 tablespoons tomato ketchup
1 tablespoon soy sauce
1 tablespoon rice vinegar, preferably Chinkiang
1 tablespoon sugar
1 teaspoon salt
2 teaspoons sesame oil

Cornstarch paste: 3 tablespoons cornstarch mixed with
3 tablespoons cold water

Oil for stir-frying and deep-frying

Directions:

Clean and devein the shrimp. Mix in the cornstarch and salt.
Shred the pork tenderloin, and mix in the soy sauce and cornstarch.
Soak the mushrooms in warm water for at least 20 minutes. Remove the stems and cut the tops into shreds. (If you like, strain the soaking liquid and use part of it in the soup stock).
Heat wok and add 3 tablespoons oil. When oil is hot, add the shredded pork and stir-fry until it changes color. Set aside.
Add another 3 - 4 tablespoons to the wok. When oil is hot, add the shrimp and stir-fry until cooked. Set aside with pork.
Bring soup stock and mushrooms to a boil. Add the ketchup, soy sauce, sugar, vinegar, and salt. Bring to a boil again. Re-stir the cornstarch paste and add.
Cook until starchy, and then add the pork, shrimp, and green peas. Keep warm over low heat.
Deep-fry the crispy rice in very hot oil until puffy and brown. Drain on paper towels. Quickly move the rice to the table, add the sesame oil to the hot shrimp mix and pour over the rice. The rice will crackle and pop as it meets the hot sauce.

To Make Crispy Rice

Preparation Time: 1 1/2 hours

Yield: 8 - 10 squares

Rinse 1 cup of long or medium grain rice.

In a pot, add 1 1/2 cups water (1 1/4 cups for medium grain rice) to the rice and bring to a boil.

Cover and simmer on low heat for 30 minutes. Remove from burner and allow to cool.

While rice is cooling, preheat oven to 300 degrees Fahrenheit.

Place the rice on a baking sheet, making sure that it is about, but no more than, 1/4-inch thick.

Bake the rice for 50 - 55 minutes, until it is dry.

Cool and cut into 2-inch squares.

Store in a canister until needed. Do not freeze.

Pork and Bamboo Shoots

Ingredients:

- 2 lb lean pork
- 1/4 cup soy sauce
- 1 tblsp sherry
- 1 tsp brown sugar
- 1 tsp ground ginger
- 1 litre water
- 4 oz bamboo shoots

Directions:

Cut the pork into small cubes. Mix the soy sauce, sherry, sugar and ginger together, add to the pork, toss well and leave for 10 minutes.

Put pork and flavourings in a large pan, add the water and bring gently to the boil, cover and simmer for 1 hour.

Drain bamboo shoots and shred finely, add to the pan and simmer for 10 minutes. If wished, liquid may be thickened with 1 tablespoon cornstarch. mixed with a little cold water.

Pork and Shrimp Wonton

Makes 5 - 6 dozen

Ingredients:

1/2 pound boneless lean pork, finely chopped
1/2 pound raw shrimp, shelled and finely chopped
1/3 cup water chestnuts, finely chopped
2 scallions, finely chopped
1 tablespoon soy sauce
2 teaspoons oyster sauce
1 teaspoon sesame oil
1 teaspoon Chinese rice wine or dry sherry
1 teaspoon sugar
1 teaspoon minced ginger
dash white pepper
about 2 teaspoons cornstarch
1 package (1 pound) thin wonton skins

Oil for deep-frying

Directions:

Combine all ingredients except wonton skins, adding just enough cornstarch to hold the mixture together. Work with one wonton skin at a time and keep the rest covered with plastic wrap or a damp kitchen towel. Place a wonton skin on a work surface with one point toward you. Spoon a rounded teaspoonful of filling in the bottom corner a little above the point. Fold the corner over the filling and roll to tuck the point under. (The wonton should look like a triangle).

Pinch the wrapper around the filling to make sure it is contained. Using both hands, pull the two side corners toward you below the filling. Overlap the corners slightly, moisten with a dab of water, and pinch to seal.

Place filled wonton on a baking sheet and cover while preparing remaining won ton. The wonton are now ready for cooking or freezing. To freeze, freeze on the baking sheet until firm, then transfer to plastic bags or layer (with plastic wrap between layers) in a plastic container and freeze up to several months.

To cook, bring a large pot of water to the boil. Drop in fresh or frozen won ton and cook 4 - 6 minutes, until won ton float to the top and the filling is cooked through. (Do not crowd pan - cook no more than 18 at a time). Remove with a slotted spoon. Serve hot with dip, or use for wonton soup.

Fresh or thawed wonton may also be deep-fried. Heat oil for deep-frying to 360 degrees. Add wonton in small batches and fry, turning occasionally, about 2 minutes or until golden brown. Remove with a slotted spoon and drain on paper towels.

Pork Balls in Clear Broth

Ingredients:

9 oz (250g) lean and fat pork
1 oz (25g) golden needles, soaked in hot water
1 egg, beaten
2 oz (50g) Chinese cabbage hearts, coarsely chopped
1/2 tsp. scallions, chopped
2 oz (50g) cellophane noodles (flour or bean threads), soaked in warm water
1/2 tsp. ginger, chopped
1 tsp. sesame oil
2 tbsp cornstarch (cornflour) dissolved in 2 tbsp water
1/4 tsp. ground Sichuan peppercorn
4 cups (1 litre) meat broth 1/4 tsp. MSG (optional)
2 tsp. salt, or to taste
1 oz (25g) wood ears, reconstituted in hot water



Directions:

1. Mince the pork, if not already ground, and mix well with the scallions, ginger, egg, corn starch, 3 1/2 fl oz (100ml) of the broth, and 1/2 tsp. of the salt.
2. Heat the remaining broth to a boil, then turn the heat to low. While the broth is heating make small meatballs, about 3/4 - inch (2 cm) in diameter.
3. Add the meatballs to broth one by one , and simmer until done.
4. Skim the foam from the broth and add the wood ears, golden needles, cabbage hearts and cellophane
5. Skim the foam from the broth and add the wood ears, golden needles, cabbage hearts and cellophane noodles. Bring to a boil and add the pepper and MSG (optional), sprinkle the sesame oil on the broth remove and serve.

Pork or Beef Chop Suey

Many people think that Chop Suey was invented in America. In fact it probably originated with Chinese farmers who used to eat a dish of Stir-fried vegetables after a long day working in the fields. Chop suey is primarily a vegetable dish; the meat is included to add a bit of flavor.

Serves 4 to 6

Ingredients:

1 pound pork or beef (don't use pork chops as they are too dry)
2 small bunches bok choy (can substitute broccoli if desired)
1/2 cup bamboo shoots, rinsed
1/2 pound fresh mushrooms, washed and patted dry with a paper towel
1/2 cup water chestnuts (fresh if possible)
1 large green pepper
2 stalks celery
1 onion
1/2 pound snow peas (optional)

Seasoning for Pork:

1 teaspoon soy sauce
1 - 2 teaspoons oyster sauce
1 teaspoon salt
Pepper to taste
1 piece (under 1 teaspoon) Cornstarch

Sauce:

4 tablespoons water
1 teaspoon oyster sauce
3/4 to 1 teaspoon cornstarch

Oil for stir-frying

Directions:

Cut the pork into thin strips. Add seasonings to pork, adding the cornstarch last.

Marinate the pork for 10 - 15 minutes.

While pork is marinating, prepare vegetables and sauce. For sauce: Mix the sauce ingredients and set aside.

For vegetables: Cut bamboo shoots into thin strips. Slice the mushrooms and water chestnuts. Cut the green pepper in half, remove the seeds and slice diagonally. For the bok choy, separate each stalk and leaves. Cut the stalk diagonally and cut the leaves across. Cut the celery diagonally. Cut the onion in half, peel, and slice thinly. Place the vegetables on a large tray, being careful to keep each group separate (include the bok choy stalks and leaves), and set aside.

Heat wok and add oil. When oil is ready, add the pork. Stir-fry pork until redness is gone. Remove and set aside.

Reheat wok and add more oil. When oil is ready, stir-fry each of the vegetables. The order doesn't matter, but you can stir-fry the onions and celery together, (if desired you can cook these with the pork), and the green pepper and snow peas together. When cooking the bok choy, add the stalk first. Add salt to taste as desired while stir-frying each group of vegetables. Add water and cover wok while cooking bok choy, as it doesn't contain much moisture.

Reheat wok and add oil. Give the sauce a quick re-stir. Add and combine all the cooked ingredients in the wok. Make a "well" in the center and gradually add the sauce, stirring to thicken. Once it has boiled, remove the chop suey from the stove. Serve hot.

Pork Dumplings

Potstickers are one of the most popular types of Chinese dumplings. This recipe includes a dipping sauce and instructions on making the dough.

Makes 48 Chinese dumplings

Ingredients:

*Dumpling Dough**

2 cups all purpose flour

1 cup boiling water

Filling:

8 ounces celery cabbage (Napa cabbage)

3 tsp salt, divided

1 pound lean ground pork

1/4 cup finely chopped green onions, with tops

1 TB white wine

1 tsp cornstarch

1 tsp sesame oil

Dash white pepper

Dipping Sauce:

1/4 cup soy sauce

1 tsp sesame oil

2 - 4 tablespoons vegetable oil

Directions:

Cut the cabbage across into thin strips. Mix with 2 teaspoons salt and set aside for 5 minutes. Squeeze out the excess moisture.

In a large bowl, mix the celery cabbage, pork, green onions, wine, cornstarch, the remaining 1 teaspoon salt, 1 teaspoon sesame oil, and the pepper.

In a bowl, mix the flour and 1 cup boiling water until a soft dough forms. Knead the dough on a lightly flour surface about 5 minutes, or until smooth.

Divide the dough in half. Shape each half into a roll 12 inches long and cut each roll into 1/2-inch slices.

Roll 1 slice of dough into a 3-inch circle and place 1 tablespoon pork mixture in the center of the circle. Lift up the edges of the circle and pinch 5 pleats up to create a pouch to encase the mixture. Pinch the top together. Repeat with the remaining slices of dough and filling.

Heat a wok or nonstick skillet until very hot. Add 1 tablespoon vegetable oil, tilting the wok to coat the sides. If using a nonstick skillet, add 1/2 tablespoon vegetable oil.

Place 12 dumplings in a single layer in the wok and fry 2 minutes, or until the bottoms are golden brown.

Add 1/2 cup water. Cover and cook 6 to 7 minutes, or until the water is absorbed.

Repeat with the remaining dumplings.

To make a dipping sauce, in a small bowl, mix the soy sauce with 1 teaspoon sesame oil. Serve with the dumplings.

*You can also use gyoza wrappers or wonton wrappers cut into circles

Pork Shu Mai

Serves 6 - 8

Ingredients:

1 pound ground pork
4 dried shiitake mushrooms, soaked and diced
1 tablespoon soy sauce
1 teaspoon Chinese rice wine or dry sherry
1 teaspoon sesame oil
1/2 teaspoon sugar
about 2 dozen gyoza wrappers (or won ton wrappers cut into circles).

Directions:

Combine all ingredients except gyoza wrappers. Working one at a time, put about 2 teaspoons of filling in the center of a gyoza wrapper. Gather up the sides to form pleats (the top will be open). Pinch slightly in middle to form a "waist," press down filling on the top, and tap the bottom so that the shu mai can stand up. Arrange shu mai on an oiled heatproof plate or a steamer tray. Steam over boiling water 15 - 20 minutes, until pork is cooked through.

Pork Stuffed Mo Qua (Fuzzy Melon)

Fuzzy or hairy melon looks like a zucchini covered with baby fuzz. You'll find it at Asian markets, but author Stephen Wong notes that cucumbers can be substituted in a pinch

Ingredients:

2 ounce/60 gram package of cellophane noodles
2 mo qua or English cucumbers

Pork and Marinade:

1/2 lb minced pork
1/4 teaspoon salt
1 tablespoon minced ginger
2 tablespoons chopped cilantro
1 egg white, slightly beaten
1 1/2 teaspoons cornstarch
1/2 teaspoon sesame oil

Sauce:

1 tablespoons oyster sauce
1 cup pork or chicken stock
1 teaspoon red pepper flakes

4 large shiitake mushrooms, thinly sliced

Directions:

Cover cellophane noodles with hot water and soak for 10 minutes or until noodles are soft. Drain well and chop coarsely.

Peel and cut mo qua crosswise into 1-inch/2.5 cm slices. Scoop out some seeds and pulp from centre of each slice to form bowl.

Combine pork and marinade ingredients with half of cellophane noodles. Spoon meat mixture into mo quo "bowl" and press down gently to cover slice with small, smooth mound of mixture. Dip each stuffed piece of mo qua meat-side down into remaining cellophane noodles until well coated.

Heat skillet over medium high heat and add sauce ingredients. Add stuffed mo qua slices squash-side down. Cover and braise for total of 15 minutes. After first 5 minutes of cooking, uncover and spoon sauce over meat. Cover and continue cooking. Repeat basting after another 5 minutes and add mushroom slices. Cook for 5 more minutes.

Remove mo qua slices and arrange on a platter. Pour sauce over and serve. If sauce is too thin, thicken after removing the mo qua, then pour over stuffed squash.

Each serving includes:

Calories 183, 22 g Carbohydrates, 16 g Protein, 4 g Fat, 1 g Saturated Fat, 36 mg Cholesterol, 3 g Fibre, 357 mg Sodium, 508 mg Potassium. An excellent source of thiamine. A good source of fibre, niacin, vitamin B-6 and zinc.

Pork with Lychees

Serves 6

Ingredients:

- 1 tablespoon oil
- 2 pounds boneless pork, cut in 1" cubes
- 1 20-ounce can lychees, syrup reserved
- 1/4 cup soy sauce
- 1/4 cup Chinese rice wine or dry sherry
- 1 whole star anise
- 1 small dried chile (the long, thin Oriental kind)
- 2 cloves garlic, peeled and flattened
- 1 slice ginger, flattened
- 2 teaspoons cornstarch
- 2 tablespoons water

Directions:

Heat oil in a large skillet. Add pork, in batches if necessary, and brown on all sides. Meanwhile, in a large saucepan or casserole, combine 1/2 cup lychee syrup with soy sauce, rice wine or sherry, and seasonings. Bring to a boil. Add browned pork. Reduce heat and simmer, covered, 45 minutes, until meat is almost tender. Add drained lychees. Simmer 10 minutes longer. Dissolve cornstarch in water, then mix into the simmering liquid, stirring until sauce thickens smoothly.

Potsticker Dipping Sauce

Ingredients:

4 tablespoons light soy sauce
1 teaspoon sesame oil
2 teaspoons Chinese red rice vinegar
2 teaspoons ginger, minced
2 teaspoons cilantro, chopped (or substitute chopped green onion)

Directions:

Combine all the ingredients. Serve with potstickers.

(This recipe can be prepared 3 - 4 days ahead of time and refrigerated).

Potstickers

Popular potstickers are pan-fried on the bottom and steamed on top

Yield: About 24 Potstickers

Ingredients:

1 package gyoza or wonton wrappers

Filling:

1/2 pound ground chicken or pork

1/2 pound ground prawn or raw shrimp

12 raw prawns, chopped

1/2 cup water chestnuts, fresh if possible, peeled and sliced

1 tablespoon light soy sauce or Kikkoman

1 tablespoon sesame oil

1 tablespoon salt

Pinch of white pepper if desired

3 tablespoons green/spring onion, minced

3 tablespoons ginger, minced

3 tablespoons cilantro, chopped

Directions:

Mix together the filling ingredients.

Place a small bowl of water on the work area. Lay out one of the gyoza wrappers in front of you. Dip your finger in the water and moisten the edges of the wrapper.

Place a heaping teaspoon of filling in the middle of the wrapper.

Fold the gyoza wrapper over the filling and pinch the edges to seal it shut. (You may want to use a cornstarch/water mixture to make this easier).

Heat 2 tablespoons oil in a large skillet or wok. When oil is ready, carefully add the dumplings and cook on high heat until golden brown (about 1 minute).

Without turning the dumplings over, add 1 cup of water and cover. Steam for about 1 minute to cook the raw filling and then turn off the heat (this is to keep the bottom from burning). Let the dumplings cook for a few more minutes with the heat turned off. Serve the potstickers with Dipping Sauce or soy sauce.

Prawn Goldfish

Ingredients:

6 prawn, in shells
1 silver ear (white fungus), soaked in Luke-warm water until soft
1 tsp. salt, or to taste
3 1/2 oz (100ml) chicken and duck or chicken stock
1 1/2 tsp. rice wine
2 tsp. cornstarch (cornflour) dissolved in 2 tsp. water
2 1/2 oz (75g) boneless chicken breast
1 tbsp melted chicken fat
1/2 egg whites
3/4 tsp. MSG (optional)
2 tsp. (10ml) vegetable oil
2 tbsp flour
6 red cherries, pitted and halved



Directions:

1. Remove the heads from the prawns and shell, but do not remove the tails. Devein and rinse. Score prawns along vein line, but do not cut through. Flatten prawns from the opening s. Make cross scores lightly on the prawns. Mix the prawns with 1/2 tsp. of the salt, 1tsp of the rice wine, ginger, and the MSG(optional), and let marinate for 10 minutes.
2. Mince the chicken into a pulp and add the egg whites, 1/8 tsp. of salt, and 2 tsp. oil. Stir vigorously in one direction for 1 minute, or until the mixture stiffens.
3. Dust the tops of the prawns with flour and spread wit the chicken mixture, molding it in the shape of a goldfish body. Place 2 cherry halves on each as eyes and a small piece of silver ear on the back of each as a fin. Place "goldfish" on a heat-proof dish and steam for10 minutes. Set aside.
4. Bring the stock to a boil. Add the remaining 1/4 tsp. MSG (optional), 1/2 tsp. of salt, and 1/2 tsp. of the rice wine. Skim off any foam and add the cornstarch mixture. Cook, stirring, until thickened. Pour the sauce over the goldfish, sprinkle with the melted chicken fat, and serve.

Princess Chicken

Ingredients:

2/3 pound boneless chicken breast
2 tablespoons soy sauce
2 tablespoons dry sherry or white wine
3 tablespoons and 1 teaspoon water
1 tablespoon cornstarch
2 tablespoons peanut oil
1 to 1 1/2 teaspoons dried red pepper flakes
1 teaspoon sugar
1 teaspoon sesame oil
1 teaspoon rice vinegar

Directions:

1. Lightly flatten chicken breasts. Cut into bite-size pieces. Mix 1 tablespoon of soy sauce, 1 tablespoon sherry, 3 tablespoons water, and 2 teaspoons cornstarch together. Toss with chicken and marinate 20 minutes.
2. Heat oil in a wok. Add red pepper flakes and stir-fry 30 seconds. Add chicken and stir-fry until opaque.
3. Mix remaining soy sauce, sherry, water, cornstarch, sugar, sesame oil, and vinegar. Add to wok and stir-fry until all ingredients are mixed and the sauce thickens.

Quick and easy Turkey Stir-Fry

Ingredients:

1 lb turkey breast, cubed
2 tablespoons dark soy sauce
1 teaspoon sugar
3 cups Oriental blend frozen vegetables
3 - 4 tablespoons Kikkoman Stir-fry Sauce
2 tablespoons oil

Directions:

Marinate the turkey in the dark soy sauce and sugar. Heat wok and add oil, drizzling down the sides to coat the wok. Add the turkey and stir-fry for about 3 minutes or until the meat changes color. Remove and set aside.

Add frozen vegetables to the wok and begin stir-frying. Add the sauce, and stir-fry until the vegetables are tender but not overcooked. Add the turkey, heat through, and serve hot over rice.

Quick-Boiled Fish Slices

Ingredients:

9 oz (250g) fish, skinned and boned
1 oz (25g) bamboo shoots, sliced
1 tsp. salt, or to taste
a few green leaves , washed and cut into halves
1/2 tsp. rice wine
1 tsp. melted lard or vegetable oil
2 cups (500ml) fish stock
1/4 tsp. MSG(optional)



Directions:

1. Wash the fish and cut into 1/4 inch by 1 inch (3cm by 2 cm) slices. Add 1/2 tsp. of the salt and the rice wine and let marinate.
2. Heat a pot of water to a boil. Add the fish and remove immediately. Drain and place in a bowl. Pour the stock into a wok and heat to boiling. Skim off any foam and add the remaining 1/2 tsp. salt, the MSG(optional), bamboo shoots and leaves. Return the stock to a boil and pour over the fish. Sprinkle with the lard or oil, and serve.

Quick-Fried Hot Diced Chicken

Ingredients:

7 oz (200g) chicken breasts and thighs
5 water chestnuts
2 tbsp cornstarch (cornflour), dissolved in 2
tbsp water
1 hot red chili (chilli) pepper
1/8 tsp. salt, or to taste
1/2 cup (100ml) vegetable oil
1/8 tsp. salt, or to taste
1 tsp. ginger slices
2 tsp. rice wine
2 tsp. scallions, chopped
1 1/2 tsp. soy sauce
1 tsp. garlic slices
1 cup high stock
1/8 tsp. rice vinegar
1 tsp. sesame oil
1/8 tsp. MSG (optional)



Directions:

1. Skin, bone, and dice the chicken. Blend 1 tbsp of the cornstarch-water mixture with the salt and 1 tsp. of the rice wine. Add the chicken and stir to coat well. Set aside.
2. In another bowl, mix the soy sauce, the remaining 1 tsp. rice wine, the stock, the other 1 tbsp of cornstarch, MSG and the sesame oil into a sauce. Set aside. Peel and dice the water chestnuts. Seed the chili pepper and chop finely. Set aside.
3. Heat the oil in a wok over high heat to 225oF (110oC), or until small bubbles appear around the edge of a piece of scallion green or ginger tossed into the oil. Add the chicken and chili pepper and stir-fry until the chicken turns red .
4. Add the ginger, water chestnuts, scallions and garlic, and fry until fragrant. Stir in the sauce and sprinkle with the vinegar. Stir-fry about 30 seconds. Remove , and serve.

Quick Stir-fried Cabbage

Ingredients:

a large cabbage (bok choy) about 1 lb (500 g)
2 tbsp (30 ml) vegetable oil
4 dried hot red chili (chilli) pepper, whole but stems removed
15 whole Sichuan peppercorns
3/4 tsp salt, or to taste
1 tsp soy sauce
1 tsp sugar
1 1/2 tsp vinegar
2 tsp sesame oil
1/4 tsp MSG



Directions:

1. Wash and drain the cabbage leaves.
2. Heat the oil in a wok until moderately hot. Add the chilis and peppercorn. Fry until browned and fragrant. Remove and discard peppercorns but reserve the liquid in a wok. Add the cabbage and stir-fry for a few seconds. Add the salt, soy sauce and sugar. Stir-fry until the cabbage leaves just start to wilt and are barely cooked. Sprinkle with the vinegar, remove cabbage and place in a dish, and let cool.
3. Seed and shred the chili peppers. Flatten the cabbage leaves and sprinkle with the chili shreds. Roll leaf into a small roll and cut crosswise, each into 1 1/4 inch (3cm) sections. Place in a dish. Mix the MSG and sesame oil with the wok liquid, pour over the cabbage rolls, and serve.

Raindrop Soup

Ingredients:

6 water chestnuts
2 scallions
1 tblsp sherry
3 cups chicken stock (1 cup = 250 ml)
6 oz diced cooked chicken
salt and pepper

Directions:

Slice the water chestnuts and slice the spring onions (scallions) finely.
Put these in a sauce pan with the chicken stock and the chicken. Bring to the boil and simmer, covered, for 15 minutes.

Add the sherry and season to taste.

Raspberry Almond Float

The delicate flavor of raspberry makes an interesting contrast with bitter almond.

Serves 4 to 6

Ingredients:

Almond Float

1 1/2 cups fresh raspberries

4 teaspoons lime juice

4 teaspoons sugar

1/3 cup coconut flakes

Directions:

Earlier in the day, preparing the Almond Float and refrigerate.

Wash and drain the raspberries. Combine the raspberries, lime juice, and sugar and process in a blender or food processor until smooth. Refrigerate until ready to serve.

To serve: cut the Almond Float into squares and pour the raspberry sauce over.

Sprinkle with coconut flakes.

Red Bean Paste

This sweet paste is used in [Sesame Seed Balls](#) and [Sweet Bean Paste Pancakes](#)

Makes about 1 3/4 cups

Ingredients:

2/3 cup dried red beans

1/2 cup sugar

Water for boiling

1/4 cup oil for frying

Directions:

Wash the beans and throw out any that are damaged. Place the beans in a small to medium-sized saucepan, cover with water and soak overnight. (This helps shorten the cooking time).

The next day, bring the beans and water to a boil. Simmer for 1 1/2 - 2 hours, until the beans have softened, adding more water as necessary. Drain.

Process the beans in a blender until smooth. Remove from the blender, and stir in the sugar.

Heat the oil in a wok or frying pan. Fry the beans on medium-low heat (about 4 on an electric stove) for a few minutes until they are dry, pressing them gently with the back of a spatula to form a paste. Cool and use as called for in the recipe. (Stored in a sealed container in the refrigerator, homemade sweet red bean paste will last for approximately one week).

Red Bean Soup

This soup is a popular snack or can be served as a sweet dessert soup. Azuki beans are a "yang" or warming food. Tangerine peel is used in many recipes, and is thought to aid digestion.

Ingredients:

1 1/2 ounces (50 grams) tinned lotus nuts (optional)
8 ounces (250 grams) red azuki beans
1 strip dried tangerine peel (or substitute fresh orange peel)
4 cups water
1/2 - 3/4 cup sugar

Directions:

Rinse the azuki beans, then soak in cold water for at least 4 hours or overnight. Drain.

Bring a pot with 4 cups of water to boil. Add the azuki beans and tangerine or orange peel, and simmer, stirring occasionally, for an hour. Add the lotus nuts and simmer for another hour. Once the beans are tender and as soft as they are going to get (just starting to break apart) add the sugar. Stir until dissolved. Serve hot.

Variations:

*Use brown instead of white sugar

*Other versions of this dish are made with lotus roots or lily bulbs.

Red Snapper and Scallops in Lemongrass Coconut Curry

A popular Malaysian dish that can be made with almost any type of fish or seafood.

Serves 6

Ingredients:

2 lbs red snapper fillets, cubed (could substitute cod or salmon if desired)
1 lb scallops
1 1/2 cups coconut milk
2 stalks lemongrass, lightly pounded
1/2 cup tamarind water (see below)
4 tablespoons lime juice

Tamarind Water:

3 tablespoons dried tamarind pulp
1/2 cup hot water

Spice Paste:

4 dried chilis (or fresh if available), chopped
1 small onion, chopped
2 cloves garlic
4 stalks lemongrass, thinly sliced
1 teaspoon shrimp paste (Thai is best)

Marinade:

1/2 cup coconut milk
1 tablespoons curry powder (Vietnamese is best)
2 tablespoons sugar
1 teaspoon salt
1 teaspoon fish sauce

Brown sugar to taste

Oil for stir-frying

Directions:

To prepare tamarind water: Place the tamarind in a bowl and pour the hot water over. Soak the tamarind for approximately 20 minutes. Stir the tamarind occasionally to remove any lumps.

While the tamarind is soaking, prepare the fish and the spice paste. To prepare the fish: Combine the marinade ingredients and marinate both the red snapper and the scallops for about 15 minutes.

To prepare spice paste: Use a food processor to grind all the ingredients together until smooth (you may need to add a small amount of liquid).

When the tamarind pulp is soft, strain it through a fine sieve, pressing on the pulp. Keep the liquid, discarding the pulp.

Heat wok and add oil. When oil is ready, add the spice paste, cooking it for about 30 seconds to soften. Add 1/2 cup of the coconut milk and the 2 lemongrass stalks and bring to a boil. Simmer for 5 minutes. Remove the lemon grass (it is there only to flavor the sauce).

Add the marinated fish, lime juice, tamarind water and stir-fry for about 1 minute. Add the rest of the coconut milk. Taste and adjust seasoning, adding a bit of brown sugar if desired, and/or more curry powder. Simmer for another 5 minutes - if desired add water to thin the sauce.

(The spice paste and the sauce for this dish can be made ahead of time and refrigerated)

Roast Mutton Kebabs

Ingredients:

1 lb. (500g) lean boneless mutton
1/4 tsp. fresh ginger, chopped
2 tsp. salt
1/2 tsp. peppercorn water
1/2 tsp. pepper
1/2 tsp. sesame oil
2 tsp. soy sauce
1/4 tsp. MSG(optional)
1/4 tsp. scallions chopped



Directions:

1. Slice the mutton very thinly. Mix together the salt, pepper, soy sauce, scallion, ginger peppercorn, water, MSG, and sesame oil, add to the mutton, stirring until well-coated. Let marinate 30 minutes for longer.
2. String the mutton slices on skewers . Roast over a charcoal fire until cooked through and serve.

Roast Turkey

Ingredients:

1 16 pound (about 7.5 kg) turkey

Marinade:

4 tablespoons hoisin sauce

2 tablespoons soy sauce

2 tablespoons oyster sauce

4 tablespoons honey

2 teaspoons salt

6 - 8 garlic cloves, crushed

Directions:

Mix the marinade ingredients and rub over the turkey. Do not stuff. Place in the oven with a tray filled with water underneath. Cook at 375 degrees F. for approximately 3 hours or according to directions.

Royal Concubine Chicken

This Chinese version of Coq Au Vin is made with rice wine and Asian seasonings.

Serves 4 - 6 with other dishes

Ingredients:

- 1 3 - 4 chicken, cut up
- 2 1/2 tablespoons soy sauce
- 1/2 pound slab bacon, chopped into small pieces
- 2 medium sized onions, thinly sliced
- 2 slices ginger root, sliced
- 2 garlic cloves, crushed
- 2 tablespoons lard (you can substitute butter or margarine)
- 2 1/2 teaspoons salt
- 1 1/4 cups stock (the original recipe calls for superior stock, made with chicken and pork bones)*
- 1 1/2 cups rice wine or red wine or dry sherry

Oil for deep-frying and stir-frying

Directions:

Pre-heat oven to 375 degrees Fahrenheit.

Heat wok and add oil for deep-frying. Deep-fry the cut-up chicken pieces. Remove from the wok and drain on paper towels.

Place the chicken in a heat proof casserole dish and add the soy sauce, mixing it in with chopsticks.

In a frying pan, heat the lard and then add the bacon, onions, ginger, and garlic in that order, and stir-fry. Place around the chicken in the casserole dish.

In a small pot, bring the stock and rice wine to a boil, adding the salt. Pour over the chicken and cook in the oven for 1 hour.

Salt and Pepper Mix

(Can be used as a table condiment or dip)

Ingredients:

1/4 cup salt

1 tablespoon Sichuan peppercorns

Directions:

Heat ingredients in a frying pan over medium-low heat, shaking the pan from time to time. After about 10 minutes, the salt will begin to darken and the peppercorns will become fragrant. Remove the pan from the burner and allow the mix to cool. When cooled, grind the mixture with a mortar and pestle, or you can crush it with a rolling pin. Use immediately, or stored in a covered jar at room temperature.

Salt and Pepper Spareribs – Shanghai Style

Shanghai chefs especially know how to coax out all of pork's best qualities. Here it is marinated, fried, and then Stir-fried in a savory mixture of spices.

Ingredients:

1 pound boneless meaty spareribs or pork shoulder

Marinade:

2 teaspoons light soy sauce

2 teaspoons rice wine or dry sherry

1 teaspoon salt

1 teaspoon sesame oil

2 teaspoons cornstarch

350 ml/12 fl ounces peanut oil

2 tablespoons finely chopped garlic

1 teaspoon salt

2 teaspoons roasted ground Szechuan peppercorns

1 teaspoon five-spice powder

1/2 teaspoon chili powder

3 - 4 cups oil for deep-frying

2 tablespoons oil for stir-frying

Directions:

Cube the pork and place in a bowl. Add the marinade ingredients one at a time, mixing in with chopsticks and adding the cornstarch last. Marinate the pork for about 15 minutes.

Heat wok and add oil. When oil is ready, carefully slide the pork cubes into the wok.

Deep-fry until they are golden (this should take approximately 10 minutes). Use a slotted spoon to remove the pork. Drain on paper towels.

Clean out the wok, saving the oil for future use if desired. Heat again and add 2 tablespoons of the used oil. Add the garlic and stir-fry until aromatic. Add the salt, peppercorns, five-spice powder, and chili powder. Add the deep-fried pork cubes and stir-fry for another 2 - 3 minutes. Serve hot.

Salt and Pepper Spareribs

Ingredients:

3/4 lb. (350g) spareribs
4 cups (1 litre) vegetable oil for deep-frying
1 tbsp rice wine
5 tsp. spiced pepper-salt
1 tbsp soy sauce
2 tbsp cornstarch
1/4 tsp. MSG (optional)



Directions:

1. Wash the spareribs and chop into pieces, 2 inches long and 3/4 inch wide (5 cm by 2cm). Mix the rice wine, soy sauce, MSG (optional), cornstarch, and 2 tsp. water into a paste. Add the spareribs and stir to coat well.
2. Heat the oil the a work over high heat to 350oF (180oc), or until a piece of scallion green or ginger sizzles and moves around quickly when tossed into the oil. Add the spareribs and deep-fry for 1 minute. Remove, drain, and set aside. Reheat the oil to 400oF (205oc), or until a piece of scallion or ginger browns quickly and a haze appears above the oil. Add the spareribs and deep-fry until they are browned and rise to the surface. Remove, drain well, and place in a serving dish. Place two piles of pepper-salt on the edges of the dish as a dip, serve.

Salty Soybean Milk Soup

Made with sweet soybean milk, this northern Chinese dish is a popular item at street hawker stands.

Ingredients*:

Sweet Soybean Milk

Crullers

Dried Shrimp

Szechuan pickled mustard greens

Pork sung

Rice vinegar

Chili oil

Soy sauce

Sesame Oil

Salt

*In desired quantities

Directions:

Place all the ingredients with the exception of the soybean milk into a medium size bowl. Pour the boiled soybean milk into the bowl and serve.

Sate Beef

A Popular Cantonese Dish

Serves 4 to 6

Ingredients:

1 pound flank steak
1 slice ginger, mashed fine
1/2 tablespoon dark soy sauce
1 tablespoon cornstarch
1/2 tablespoon cold water
1 red pepper, shredded
1 clove garlic, chopped fine
2 tablespoons Sate Paste*
1/2 teaspoon chili paste with garlic
1/2 teaspoon sugar
2 tablespoons chicken stock

2 to 4 cups oil for deep-frying
2 tablespoons oil for stir-frying

(*Sate Paste or Sate Barbecue sauce is available at most Asian markets)

Directions:

1. Trim fat from beef. Slice meat across grain and shred very thin.
2. Combine beef with ginger, soy sauce, cornstarch, and water. Mix well with hand. Set aside 10 minutes.
3. Heat oil in wok. Deep-fry beef 30 seconds. Stir-constantly. Drain. Remove.
4. Reheat 2 tablespoons of oil in wok. Stir-fry red pepper and garlic 30 seconds. Add Sate Paste, chili paste with garlic, sugar, and stock. Stir-fry 1 minute.
5. Add beef. Stir-fry quickly 1 minute or until thoroughly heated.

May be prepared in advance through step 2, or frozen after step 5.

Sauteed Beef Strips

Ingredients:

1 lb. (500g) beef filet or boneless sirloin
1/2 tsp. ginger, chopped
2 tsp. salt, or to taste
1/2 tsp. garlic, chopped
1 tbsp soy sauce
1 tsp. ground roasted sesame seed
1/2 tsp. fresh ginger, chopped
2 eggs
1/2 tsp. sesame oil
3 tsp. flour
5-6 scallions, white part only 2 cups (500ml)
vegetable oil for deep-frying
1/4 tsp. powdered hot red chili
1/2 tsp. MSG (optional)
1/4 tsp. vinegar



Directions:

1. Wash the beef and cut into 2 by 1 by 1/8 inch (60mm by 30mm by 3mm) slices. Marinate with the salt, 1 tsp. of the soy sauce, the ginger, 1/4 tsp. of the MSG(optional) , and the sesame oil for 10 minutes.
2. Cut the scallions in half crosswise, then quarter each lengthwise into four strips. Set aside.
3. Make a dipping sauce by mixing together the remaining 2tsp soy sauce and 1/4 tsp. MSG, the chili powder, vinegar, ginger, garlic, and the sesame seed.
4. Beat the eggs. Add the flour and enough water to make a paste
5. String the beef strips and scallion, alternating, on bamboo or metal skewers. Coat with the egg paste.
6. Heat the oil in a pan to moderately hot, about 230oF (110oC), shallow-fry the beef on both sides until golden-brown. Remove, drain and serve with the sauce.

Sauteed Chicken Chengdu Style

(A quicker, simpler version of Chengdu chicken)

Ingredients:

1/2 chicken (about 1 1/2 pounds)
2 tablespoons shredded green onion
1/2 tablespoon shredded ginger
2 tablespoons shredded celery
1 tablespoon shredded red hot pepper
1 tablespoon Szechwan peppercorn*
2 teaspoons salt
1 teaspoon sugar
1/2 tablespoon Chinkiang or Chinese black rice vinegar*
1 tablespoon cooking wine
2 tablespoons hot bean sauce or paste*
1 cup hot water

Mixture:

2 teaspoons cornstarch
2 teaspoons cold water

1/2 cup oil

Directions:

Remove the fat from the chicken. Chop into 1-inch pieces. Prepare the vegetables according to the instructions.

Heat the wok and add oil. When the oil is ready, add the chicken. Stir-fry until it is approximately half-cooked, and add the peppercorn, stirring thoroughly. Add the red pepper and the bean sauce or paste, stirring for 2 more minutes.

Add the wine, ginger, garlic, sugar, vinegar, salt, and 1 cup hot water. Cover and simmer for approximately 5 minutes.

Mix the cornstarch and water into a paste, and stir it into the wok until thickened. Add the shredded celery and green onion. Mix together well and serve.

Sauteed Dumplings (Guotie or Pot Stickers)

Ingredients:

4 1/2 cups (500 g) flour
9 oz (250 g) lean boneless pork, minced
1 tbsp soy sauce
5 tsp rice wine
1 tsp fresh ginger, chopped
1 tsp salt, or to taste
3 1/2 oz (100 g) hotbed leeks
3 1/2 oz (100 g) sesame oil
1 tsp flour mixed with 2 tbsp water
1 tsp MSG



Directions:

1. Mix the pork with the soy sauce, rice wine, ginger, MSG and salt. Stir in one direction, adding 5 oz (150 ml) of water, a little at a time until the pork becomes sticky. Add the leeks and sesame oil and blend well, and divide into 60 portions. Set aside.
2. Stir 7 oz (200 ml) of water into the flour. Knead until the dough is smooth and elastic. Let rest for 30 minutes. Roll into a long cylinder and cut into 60 portions. Flatten each piece and roll into a circle about 3 inches (8 cm) in diameter. Place 1 portion of the filling on each circle and fold over. Pinch tightly to seal the edges and form a squat bonnet-shaped pouch. Repeat until all the dough and filling are used.
3. Arrange the pouches in a large pan. Heat to moderately hot, then add water to cover the pouches one-third of the way up. Cover the pan and cook over high heat until the water is almost absorbed. Trickle the flour-water mixture around the pouches. Cover the pan and saute over low heat until the flour forms a crisp film that link the dumplings together. Sprinkle the dumplings with a little sesame oil, cover again, and saute until the pouches are browned on the bottom. Remove with a spatula and serve. Saute and serve the dumplings in batches.

Sauteed Prawns with Tomato Sauce

(This dish is representative of Szechuan cuisine)

Ingredients:

1 pound prawns

I)

1 tablespoon garlic, chopped

1 tablespoon green onion, chopped

1 tablespoon ginger, chopped

(If desired, other vegetables you could add include red pepper, onions, and carrots).

3 tablespoons oil

II)

1 tablespoon hot bean sauce

1 tablespoon cooking wine (sherry)

4 tablespoons catsup

III)

1/2 teaspoon salt

1 teaspoon sugar

Mixture:

3 tablespoons water

1 teaspoon cornstarch

Directions:

Wash and devein prawns. Prepare water/cornstarch mixture.

Heat wok. When hot, add three tablespoons oil.

If adding onions, red peppers, and carrots, add them now, stirring while you add them. Stir-fry vegetables for about one minute, then push them up to the side of the wok and add the prawns. Mix well.

When prawns have turned pink (very quick), add ginger and garlic, and then the hot bean paste, cooking wine and catsup, stirring all the while.

Add the salt and sugar. Give the water/cornstarch mixture a quick restir, and pour it in. Stir. If you like, you can add a bit of chicken broth at this point to season.

Sauteed Shrimp with Hot Sauce

Ingredients:

1 lb peeled raw shrimp

2 tablespoons chopped green onion

1 tablespoon ginger, minced

Marinade:

1 egg white

1 teaspoon wine

1 teaspoon salt

1 1/2 tablespoons cornstarch

4 cups oil

2 tablespoons tomato catsup

1 tablespoon hot pepper paste

1/2 teaspoon salt

1/2 teaspoon sugar

3 tablespoons soup stock

Mixture:

1 teaspoon cornstarch

2 teaspoons water

1 teaspoon sesame oil

2 to 4 cups oil for deep-frying

Directions:

Clean and devein the shrimp. Dry.

Mix the marinade ingredients in a bowl. Marinate the shrimp for at least thirty minutes.

Prepare the green onion and ginger while the shrimp is marinating.

Heat wok and add 4 cups oil. Deep-fry shrimp at medium heat. When the shrimp has turned white and is nearly cooked, remove and set aside.

Drain the oil from the wok. Wipe clean with a paper towel. Add 2 tablespoons oil.

When oil is ready, add green onion and ginger. Then add tomato catsup and hot pepper paste, stirring gently. Add the soup stock, salt, and sugar. Boil for a few

seconds, and add the cornstarch mixture, stir thoroughly, and sprinkle in sesame oil.

Pour on a plate and serve hot.

Scallops with Steamed Egg White

Ingredients:

3 1/2 oz (100g) dried scallops
9 fl oz (250ml) chicken and duck or chicken stock
10 egg whites
2 tsp. melted chicken fat
2 tsp. rice wine
1/2 tsp. MSG(optional)
2 tsp. ginger, chopped finely
1/4 tsp. salt, or to taste
2 tsp. cornstarch (cornflour) dissolved in 2 tbsp water



Directions:

1. Rinse the dried scallops and rub off any white film on their surface. Wash and place in heat -proof bowl, with 9 oz (250ml) water. Steam in steamer for 1 1/2 hours, replenishing water as needed. Drain, reserving the stock . Let the scallops stand until cool enough to handle, then shred by hand, discarding the hard muscles. Return the scallop shreds to the water to marinate.
2. Whisk together the egg whites, 5 1/2 oz (150 ml) of the stock, 1 tsp. of the rice wine, 1 tsp. of the ginger, and 1/8 tsp. of the salt. Mix well , remove the scum on the surface. Place in heat-proof bowl and steam over low heat for about 10 minutes. Pour into a severing bowl.
3. Heat the remaining stock in a wok or pot. Add the scallops, the MSG, the remaining 1 tsp. rice wine, the remaining 1 tsp. ginger, and the remaining 1/8 tsp. salt. Bring to a boil and skim off any foam. Add the cornstarch-water mixture and cook, stirring, until thickened. Sprinkle with the melt off any foam . Add the cornstarch-water mixture and cook, stirring , until thickened. Sprinkle with the melted chicken fat, pour over the egg whites, and serve.

Scrambled Eggs with Tomatoes

Ingredients:

3 tomatoes
1/2 tsp. scallion, shredded
2 eggs
1/2 tsp. fresh ginger, shredded
1 tsp. salt, or to taste
1 1/2 tsp. sugar
4 tbsp vegetable oil
1/4 tsp. MSG (optional)



Directions:

1. Drop the tomatoes in boiling water for 30 seconds. Remove, drain, and peel. Cut in half, squeeze out the seeds, and chop coarsely.
2. Beat the eggs with the 1/4 tsp. salt.
3. Heat 2 tbsp of the oil in a wok over high heat until the oil surface ripples . Pour in the eggs and cook, stirring constantly, until thickened. Remove from the wok and place in a dish. Add the other 2 tbsp of oil to the wok and reheat until very hot. Add the scallions and ginger and stir-fry for a few seconds. Then add the tomato, the remaining salt, sugar and MSG (optional) . Stir-fry about 30 seconds, then return the scrambled eggs to the wok . Stir to blend, remove, and serve.

Sea Cucumbers and Pigeon Eggs

Ingredients:

1 1/2 lb. (750g) fresh or reconstituted sea cucumbers
1/2 tsp. scallions, chopped
15 pigeon eggs
1/2 tsp. fresh ginger, chopped
15 Chinese cabbage hearts
7 oz (200ml) chicken stock
2 tsp. salt, or to taste
1 tbsp melted chicken fat
1 tsp. soy sauce
3 1/2 fl oz (100ml) vegetable oil for deep-frying
5 tsp. rice wine
1 tsp. MSG (optional)



Directions:

1. Cut the sea cucumbers at the stomach, and gut. Leave whole. Hard-boil the pigeon eggs, let cool and shell. Halve the cabbage hearts lengthwise and chop into 2 1/2 inch (7cm) sections.
2. Rub the sea cucumbers with 1 tsp. of the salt. Plunge into boiling water for 2 minutes, remove and drain. Blanch the cabbage hearts briefly in the salted boiling water, remove, drain and set aside.
3. Put the sea cucumbers in a wok and add the soy sauce, the remaining 1 tsp. salt, the rice wine, sugar, scallions, ginger, chicken stock, and MSG(optional). Bring to a boil and simmer for 2 minutes. Add the cornstarch-water mixture and cook, stirring, until thickened. Arrange the sea cucumbers and cabbage hearts alternately in a circle on a plate, and sprinkle with the melted chicken fat.
4. Heat the oil in a wok until the oil surface ripples. Add the eggs and deep-fry until golden. Arrange the eggs around the sea cucumbers and serve.

Sesame Beef Filet

Ingredients:

17 oz (500g) beef filet
1/2 cup (120 ml) whole sesame seeds
5 tsp. salt, or to taste
2 cups (500ml) vegetable oil for deep-frying
2 eggs
2 tsp. chili (chili) oil
1/2 cup(120ml) flour
1/2 tsp. MSG(optional)



Directions:

1. Wash the beef and cut into 1/4 inch (5mm) slices . Mix with the salt and MSG(optional) and set aside.
2. Beat the eggs. Dip the beef slices in the flour and then into the egg. Coat with the sesame seeds, pressing them into the beef with your palm or a rolling pin.
3. Heat the oil in a wok to about 350oF(170oC), or until a small piece of scallion green or ginger sizzles and moves around rapidly when tossed into the oil. Add the beef and deep-fry for 2 minutes. Turn and continue to fry for another minute, or until the coating turns golden. Remove and drain. Serve with a small dish of the chili oil as a dip.

Sesame Broiled Whitefish

Prep: 5 min, Cook: 10 min.

Ingredients:

- 2 Tbs. unsalted butter, melted
- 1/2 tsp. lemon juice
- 2 whole whitefish
- 3 Tbs. sesame seeds
- 1/2 lemon, cut in wedges

Directions:

Turn broiler on. Combine melted butter with lemon juice in a measuring cup. Rub fish, inside and out with salt to taste and butter-lemon juice mixture. Broil 5 inches from heat source 5 minutes, basting once or twice. Turn and broil 4 minutes. Brush with butter, and sprinkle with sesame seeds. Broil 1-2 minutes more until seeds are golden brown. Serve with lemon wedges.

Per serving: calories 191, fat 10.4g, 49% calories from fat, cholesterol 65mg, protein 22.6g, carbohydrates 2.0g, fiber 1.2g, sugar 0.5g, sodium 66mg, diet points 4.9.

Dietary Exchanges: Milk: 0.0, Vegetable: 0.0, Fruit: 0.1, Bread: 0.0, Lean meat: 0.0, Fat: 1.9, Sugar: 0.0, Very lean meat protein: 3.7

Sesame Chicken

Serves 3 - 4, or 5 - 6 as part of a multi-course meal

Ingredients:

3 whole boneless chicken breasts

Marinade:

2 tablespoons light soy sauce
1 tablespoon cooking wine or dry sherry
a few drops of sesame oil
2 tablespoons flour
2 tablespoons cornstarch
2 tablespoons water
1/4 teaspoon baking powder
1/4 teaspoon baking soda
1 teaspoon vegetable oil

Sauce for Sesame Chicken:

1/2 cup water
1 cup chicken broth
1/8 cup vinegar (Guide notes: I find that a little low. It all depends on how sweet you want the sauce; for a sweeter sauce use less vinegar)
1/4 cup cornstarch
1 cup sugar
2 TB dark soy sauce
2 TB sesame oil
1 tsp chili paste, or more if desired
1 clove garlic (minced)

2 tablespoons toasted sesame seeds

3 1/2 - 4 cups peanut oil for deep-frying

Directions:

Cut the chicken into 1-inch cubes. Mix the marinade ingredients and marinate the chicken for 20 minutes.

To prepare the sauce: mix together all of the sauce ingredients. Pour them into a small pot and bring to a boil, stirring continuously. Turn the heat down to low and keep warm while you are deep-frying the chicken.

To deep-fry the chicken: add the marinated chicken pieces a few at a time, and deep-fry until golden brown. Drain on paper towels. Repeat with the remainder of the chicken.

Just before you are finished deep-frying, bring the sauce back up to a boil.

Place the chicken on a large platter and pour the sauce over. Sprinkle with sesame seeds. Serve the Sesame Chicken with rice.

Sesame Seed Balls

While you'll find this delicious dim sum treat at bakeries throughout the year, sesame seed balls are popular during Chinese New Year and other special occasions.

Makes 20 balls

Ingredients:

1 pound glutinous rice flour
1 1/4 cups dark brown sugar
1 1/4 cups boiling water
1 cup sweet red bean paste
1/4 cup white sesame seeds
4 cups oil for deep-frying

Directions:

Dissolve the brown sugar in boiling water. Place the rice flour in a large bowl. Make a well and add the dissolved sugar and water mixture. Stir until thoroughly mixed.

Dust your hands with a bit of rice flour and shape the dough into balls roughly the size of golf balls. Repeat the process with the red bean paste, using about 1 teaspoon and shaping into smaller balls.

Next, using the thumb and index finger of both hands, press a hole into the dough so that you've formed a cup. Place a ball of the red bean paste inside and press the edges of the dough together so that the filling is completely covered and there are no holes. Roll each of the filled balls in your hands to form a perfect circle and then roll the ball in the sesame seeds.

Deep-fry the sesame seed balls, a few at a time, in oil heated to between 320 and 350 degrees.

Once the sesame seeds turn light brown and the balls start floating to the surface (about 2 minutes), gently apply pressure to the ball with the back of a spatula or a large ladle against the side of the wok. Continue applying pressure as the balls increase in size to approximately three times their normal size and turn golden brown. Place the deep-fried sesame seed balls on a tray lined with paper towels to drain.

Serve warm. If preparing ahead, refrigerate and then re-heat the balls until they puff up again.

Sesame Seed Fried Custard

Serves 6

Ingredients:

1/2 cup sesame seeds
1/4 cup powdered sugar
1 cup flour
2 tablespoons granulated sugar
1 1/2 cups water
3 eggs, beaten
1 teaspoon vanilla
1/4 cup cornstarch
2 to 4 cups oil for [deep frying](#)

Directions:

1. Toast sesame seeds in dry pan in 300-degree oven until light brown, about 20 minutes. Cool. Mix with powdered sugar. Set aside.
2. Mix flour with granulated sugar in bowl. Stir in 1/2 cup of water. Add beaten eggs. Mix until smooth.
3. Pour 1 cup water into saucepan. Bring to boil. Add flour mixture. Stir vigorously over moderate heat until it thickens. Add vanilla. Stir well.
4. Pour mixture into greased 8-inch-square Pyrex dish. Pat with hand to 1/2-inch thickness. Cool in refrigerator.
5. Cut in strips 1 1/2-inches long and 1/2-inch wide. Dredge strips with cornstarch.
6. Heat oil to moderately hot. Fry strips, a few at a time, 3 minutes or until light brown. Lift out with strainer as soon as they get brown. Remove to serving plate.
7. Sprinkle with sesame seed mixture. Serve hot.

May be prepared in advance through step 5. May be frozen after step 5.

Shanghai Pan-Fried Noodles

Serves 4 to 6

Ingredients:

1/2 pound Chinese wheat flour noodles
1/2 cup cold water
1 tablespoon sesame seed oil
1/2 pound pork tenderloin
2 tablespoons light soy sauce
1 tablespoon cornstarch
1 scallion, cut into 1-inch pieces
9 tablespoons oil
1 teaspoon sugar
1 head celery cabbage, shredded
1 tablespoon dark soy sauce
1 1/2 teaspoons cornstarch, dissolved in 1 tablespoon water
1 bunch washed spinach leaves
1/2 teaspoon salt
Red wine vinegar to taste

Directions:

1. Drop noodles into boiling water. Cook about 4 minutes. Add 1/2 cup of cold water. Bring to boil 1 minute. Rinse with cold running water. Drain. Mix with sesame seed oil. Set aside.
2. Cut pork crosswise and julienne. Mix with 1 tablespoon of light soy sauce and cornstarch. Stir-fry scallion and pork in 2 tablespoons heated oil until meat changes color. Add 1 tablespoon light soy sauce and sugar. Remove. Keep pork warm.
3. In clean wok, stir-fry cabbage in 2 tablespoons heated oil 2 minutes. Remove. Wipe out wok.
4. Heat 3 tablespoons of oil in wok. Add noodles. Do not stir. Let noodles brown on bottom (about 5 minutes). Turn noodle cake over. Brown other side in same manner. Remove to warm platter.
5. Heat 1 tablespoon of oil in wok. Add pork and cabbage. Add dark soy sauce. Stir-fry until thoroughly heated. Thicken with dissolved cornstarch. Pour over noodles. Wipe out wok.
6. Heat 1 tablespoon oil to smoking hot in wok. Wilt spinach. Add salt. Stir-fry quickly 10 seconds.
7. Arrange spinach around mound of covered noodles. Serve with red wine vinegar.

May be prepared in advance through step 2, with vegetables cut up. Do not freeze.

Shanghai Stir-fried Noodles

Ingredients:

Marinade:

1 tablespoon dark soy sauce
Pepper to taste
1 pinch of salt
1 pinch of sugar

2 lb (1 kg) fresh Shanghai noodles
8 ounces (250 g) raw shrimp
8 ounces (250 g) chicken breast
8 ounces (250 g) silver sprouts*
2 cups Sui Choy (Napa Cabbage), cut into thin slices
2 stalks green onions, cut along the diagonal into 1-inch pieces
2 slices ginger, chopped
3 - 4 cloves garlic, chopped
1 tablespoon hot bean paste

Seasonings:

Salt as desired
Soy sauce as desired

1 teaspoon peanut or sesame oil to toss noodles
Oil for stir-frying

Directions:

Cut the chicken breast into bite-sized pieces (about 1-inch) and marinate for 15 minutes.

While the chicken is marinating, prepare the shrimp and noodles. Bring a large pot of water to boil and boil the noodles for 5 minutes. Drain, run under cold water, and drain again. Toss with 1 teaspoon of sesame or peanut oil. Shell and devein the shrimp.

Heat wok and add oil. When oil is ready, add the garlic and ginger and stir-fry until aromatic. Add the chicken and stir-fry on high heat until about 50 percent cooked. Add the shrimp and cook until the shrimp loses its pink color. Make sure the chicken is cooked through, and remove from heat and set aside.

Clean out the wok and add oil. Add the cabbage and stir-fry briefly (about 1 1/2 - 2 minutes), adding salt and soy season to season if desired. Remove and set aside.

Clean out wok and add 2 - 3 tablespoons oil. When oil is ready, add the noodles and stir-fry, tossing to make sure they are coated in the oil. Add the hot bean paste, again tossing to coat the noodles. Taste and add salt and/or soy sauce as desired. Add the cooked chicken, shrimp and cabbage. Add the green onions and silver sprouts and stir to heat through. Serve hot.

*Silver sprouts are merely bean sprouts that have been "topped and tailed" - they have had both ends cut off. The purpose in trimming the sprouts is simply to make a more attractive dish. You can skip this step if desired.

Shredded Pork

Ingredients:

5 oz (150g) boneless pork filet
3/4 oz(20g) pickled chili (chilli) pepper
1/4 tsp. salt, or to taste
1 tbsp soy sauce
2 tsp. rice wine
4 tsp. cornstarch (cornflour)
4 tbsp (50ml) vegetable oil
2 tsp. rice vinegar
4 1/2 tsp. sugar
2 tsp. scallion, chopped
1 tsp. fresh ginger, chopped
1 tbsp garlic, chopped
1/2 tsp. pepper
1/4 tsp. MSG(optional)



Directions:

1. Cut the pork and chili pepper into slivers. Set the peppers aside. Mix the pork with the salt and 1 tsp. each of the soy sauce and rice wine. Mix with 1 1/2 tsp. of the cornstarch and a few drops of oil and stir to coat.
2. Mix 2 tsp. of the soy sauce, vinegar, sugar, the remaining 2 1/3 tsp. of cornstarch, the remaining 1 tsp. of rice wine, the scallion, ginger, garlic, pepper, and MSG into a sauce. Set aside.
3. Heat the oil in a wok to very hot. Add the pork slivers and peppers and stir-fry until the pork is cooked through. Add the sauce the stir-fry about 30 seconds, or until blended and thickened. Remove and serve.

Shredded Pork with Peking Sauce or Hot Bean Paste

Makes 20

Ingredients:

220 grams pork (approximately 8 ounces)
110 grams (approximately 4 ounces) shredded cabbage or lettuce
3 tablespoons Peking sauce* or 1 tablespoon Hot Bean Paste
2 tablespoons cooking oil
2 tablespoons soy sauce
1/4 teaspoon salt
1/4 teaspoon pepper

Directions:

Shred the pork: cut into thin slices, then stack them up one on top of the other, and cut across into shreds.

Add soy sauce, salt, and pepper to the pork and marinate for at least 10 minutes.

While the pork is marinating, shred the cabbage and put it on a plate.

Heat wok and add 2 tablespoons of cooking oil. When oil is ready, add the shredded pork and stir-fry until it is 90 percent cooked. Add the Peking sauce or hot bean paste and mix evenly. Pour onto the cabbage or lettuce and serve hot.

*Peking sauce is available in Asian markets.

Shrimp and Scallop Shiu Mai in Spicy Mango Sauce

Serve 4 to 6

Ingredients:

2 tablespoons sesame oil
1 cup minced mustard cabbage
1 cup fresh shiitake mushrooms, minced
2 tablespoons finely diced water chestnuts
1 teaspoon minced cilantro
1 teaspoon minced ginger
1 scallion, minced
1 teaspoon fish sauce
1/2 pound raw scallops, chopped in 1/4" pieces
1/2 pound raw shrimp, chopped
2 tablespoons cornstarch
6 tablespoons water
16 wonton wrappers
Spicy Chili Mango Sauce (recipe follows)
sesame seeds (garnish)
snipped chives (garnish)

Directions:

Heat sesame oil in a large skillet over medium-high heat. Add cabbage, mushrooms, water chestnuts, cilantro, ginger, and scallion. Saute mixture 1 minute. Season with fish sauce. Let cool, then combine with scallops and shrimp.

Mix cornstarch and water in a small bowl. Lay out the wonton wrappers and place 1-1/2 teaspoons of filling in the center of each. Brush edges with cornstarch mixture. Gather edges together and twist to close. Place on a plate and refrigerate 1 hour.

Bring a large pot of water to the boil. Add wontons and cook about 5 minutes, until they float to the surface and the filling is thoroughly cooked.

To serve, spoon a pool of sauce onto each of 4 plates. Place 4 wonton on each plate. Garnish with sesame seeds and chives.

Shrimp Balls

Makes 30 to 32 balls

Ingredients:

2/3 pound medium shrimp, peeled, scored down the back, deveined, rinsed, and patted dry
1/2 cup water chestnuts, blanched in boiling water for 10 seconds, refreshed in cold water, drained, and patted dry

Shrimp Ball Seasonings:

1 1/2 tablespoons minced fresh ginger
1 1/2 tablespoons minced scallions
1 1/2 tablespoons Chinese rice wine or sake
1 teaspoon toasted sesame oil
3/4 teaspoon salt

1 large egg, lightly beaten
2 tablespoons cornstarch
1/4 pound thin rice stick noodles (vermicelli)
Safflower or corn oil for deep-frying

Plum or duck sauce and hot mustard for dipping

Directions:

1. In a food processor fitted with a steel blade, process the shrimp to a paste. Transfer to a large bowl: add the water chestnuts, seasonings, egg white, and cornstarch. Stir vigorously until a stiff paste forms. Chill thoroughly.
2. With a towel draped over the hand that holds a sharp knife, cut the noodles into 1/2-inch lengths. The towel prevents the noodles from flying around. Spread evenly on a cookie sheet.
3. Shape scant teaspoonfuls of the shrimp mixture into balls, then roll in the noodle pieces, pressing lightly to coat. Set on a cookie sheet.
4. Heat a wok or a deep skillet or saucepan over high. Add the oil and heat to 375 degrees F. Deep-fry the shrimp balls in batches, turning them constantly, until golden brown, 3 to 4 minutes. Remove with a handled strainer or a slotted spoon, drain briefly in a colander, then transfer to paper towels. Between batches, skim the oil with a fine strainer, and reheat until hot. Serve the shrimp balls warm with sauce and mustard. To reheat, warm on a cookie sheet in a 375 degree F. oven, about 10 minutes.

Shrimp Noodles

Ingredients:

1 1/2 tsp salt, or to taste high stock or hotbed
leek sauce (see below)
4 1/2 cups (500 g) flour, sifted
5 oz (150 g) shrimp, shelled and deveined
4 egg whites



Directions:

1. Mince the shrimp into a pulp and mix with the egg whites, salt, and flour. Add enough water to knead a smooth, elastic dough. Roll out into a very thin sheet and fold into 3 layers. Cut crosswise into fine noodles.
2. Heat 5 cups (1,250 ml) of water to boiling and cook uncovered until the noodles are done, about 1 1/2 minutes.
3. Serve the noodles in bowls with high stock or hotbed leek sauce, made by boiling leek, lard, oyster sauce together and thickening the sauce by adding dissolved cornflour.

Shrimp Toast

Makes 32

Ingredients:

8 slices of white bread with the crusts removed (should be 1 - 2 days old)

Water

3/4 pound fresh shrimp, shelled, deveined, and chopped

2 - 3 water chestnuts, diced

1/2 medium onion, diced

1 scallion, chopped fine

salt to taste

white pepper to taste

1 egg, lightly beaten

1 tablespoon cornstarch

A few drops sesame oil

2 - 4 cups oil for deep-frying

Directions:

1. Cut each slice of bread into 4 squares (32 squares total).
2. Combine the diced water chestnuts, onion, shrimp and mince until fine. Add the scallion, cornstarch, egg, white pepper, and sesame oil. Mix together.
3. Place a heaping teaspoon of the shrimp mixture on a bread square. Continue with each of the bread squares.
4. Heat wok and add 2 - 4 cups oil. Heat the oil to 375 degrees. Carefully slide the bread pieces into the wok, a few slices at a time, shrimp mixture down. Deep-fry until golden, about 2 minutes, then turn and deep-fry on other side. Drain on paper towels. Serve hot.

Shrimp with Green Tea Leaves

This elegant dish has its origins in the imperial court of Beijing, where Long Jing tea, or "Dragon Well," from the Hangzhou region, was the most popular in China...The coolness of this tea on one's tongue is quite evident in this recipe.

Serves 4 to 6

Ingredients:

1/2 tablespoon Dragon Well green tea leaves
1/4 cup water

For the sauce:

1 tablespoon oyster sauce
2 tablespoons brewed tea
1/2 tablespoon soy sauce
1 1/4 teaspoons sugar
1/4 teaspoon salt
1/2 teaspoon sesame oil
1 teaspoon Shao-Hsing wine or dry sherry
Pinch freshly ground white pepper
1 3/4 teaspoons tapioca flour
2 tablespoons Chicken Stock

2 1/2 cups peanut oil
One 1/4-inch-thick slice fresh ginger, peeled
3/4 pound medium shrimp (about 24), shelled and deveined
1 teaspoon minced fresh ginger
1/4 cup chopped white parts of scallion in 1/4-inch diagonal pieces
1/4 cup diced red bell pepper in 1/4-inch pieces
1/4 cup diced green bell pepper
1 orange, cut thinly into rounds, then half moons, for garnish

Directions:

To brew the tea, place the tea leaves in a bowl. Boil the water and pour over the leaves. Cover the bowl and steep for 10 minutes. Strain the tea. Reserve the tea leaves and 2 tablespoons of brewed tea for the sauce.

In a bowl, mix the sauce ingredients and reserve.

To blanch the shrimp, heat a wok over high heat for 1 minute. Add the peanut oil and slice of ginger and heat to 350 degrees F. Place the shrimp in the oil, stir, and loosen. When the shrimp begin to turn pink, about 5 seconds, turn off the heat. Remove the shrimp with a Chinese strainer and drain. Transfer the oil to a bowl and discard the ginger slice.

Return 1 tablespoon of the reserved peanut oil to the wok. Heat over high heat for 20 seconds. When a wisp of white smoke appears, add the minced ginger and stir briefly. Add the scallion and cook, stirring, until its fragrance is released, about 15 seconds. Add the shrimp and reserved tea leaves and cook, stirring, for 20 seconds. Add the peppers and cook, until all the ingredients are coated, about 20 seconds. Make a well in the centre of the mixture, stir the sauce mixture, pour in, and stir well. When the sauce bubbles and thickens, turn off the heat, remove to a heated platter, garnish around the edges with orange half moons, and serve.

Sichuan Chile Sauce

Here is a classic chile sauce from one of the hottest regions--foodwise--in China. It can be used in stir-fry dishes, added to soups, or sprinkled over rice.

Yield: About 1 1/4 cups

Ingredients:

- 2 tablespoons vegetable oil
- 4 cloves garlic, peeled and finely chopped
- 1-inch piece fresh ginger, peeled and finely chopped
- 1 small onion, peeled and finely chopped
- 6 fresh red chiles, such as jalape 駙 s, seeds and stems removed, finely chopped
- 1/4 cup Chinese red rice vinegar
- 1 tablespoon sugar
- 2 tablespoons tomato ketchup
- 2 tablespoons Chinese yellow rice wine
- 2 teaspoons salt
- Water as needed

Directions:

Heat the oil in a wok or frying pan, add the garlic and ginger and stir-fry for 30 seconds. Add the onion and stir-fry for another minute.

Add the chiles and the vinegar and simmer for 10 minutes, adding water if it gets too dry.

Add the remaining ingredients except the water and simmer for 5 more minutes.

Remove from the heat and allow to cool. Transfer the mixture to a food processor or blender and process to a fine puree, adding water as necessary to achieve the desired consistency.

Place the sauce in bottles and refrigerate.

Simmered Oxtail

Ingredients:

1 lb. (500g) oxtail
1 tsp. sweet soybean paste
4 tbsp (60ml) vegetable oil
4 tsp. soy sauce
2 cloves star anise
1/2 tsp. sugar
1/2 tsp. scallions, shredded
6 cups (1,500 ml) beef stock
1/2 tsp. fresh ginger, shredded
1/4 tsp. sesame oil
1/2 tsp. garlic, sliced
1/4 tsp. MSG (optional)



Directions:

1. Wash the oxtail and cut crosswise through the joints of the bone. Boil in water to cover until tender. Remove and drain.
2. Heat the oil in a wok to very hot, or until the oil surface ripples. Add the star anise and fry until fragrant. Discard the star anise and add the scallions, ginger, and garlic. Stir-fry until fragrant, and stir in the sweet soy bean paste. Add the soy sauce, sugar, stock and oxtail and bring to a boil. Simmer over low heat until the stock thickens. Add the MSG (optional) and sprinkle with the sesame oil. Remove and serve.

Singapore Noodles with Shrimp

This version of Singapore Noodles is made with shrimp. You'll find another recipe for [Singapore Noodles](#) made with barbequed pork by clicking on the link.

Serves 6

Ingredients:

1 pound medium shrimp, peeled, scored down the back, deveined, and rinsed

Ginger Marinade - Mix together

2 tablespoons Chinese rice wine or sake

2 teaspoons minced fresh ginger

1/2 teaspoon toasted sesame oil

3 1/2 tablespoons vegetable oil

1 1/2 tablespoons curry powder, preferably Madras

3 1/2 cups finely shredded leeks

1 1/2 tablespoons minced fresh ginger

3 cups bean sprouts, rinsed and drained

1/4 pound thin rice stick noodles (vermicelli), softened in hot water for about 15 minutes and drained

Singapore Sauce - Mix together

1/4 cup Chinese chicken broth or water

2 tablespoons water

1/2 teaspoon sugar

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

Directions:

In a bowl, combine the shrimp with the ginger marinade, tossing to coat.

Heat a wok or heavy skillet over high heat. Add 2 tablespoons of the oil and heat until hot, about 30 seconds. Add the shrimp and stir-fry until they turn pink, about 1 1/2 minutes. Remove with a handled strainer or a slotted spoon and drain in a colander.

Wipe out the wok.

Reheat the wok, add the remaining 1 1/2 tablespoons oil and heat until very hot, about 20 seconds. Add the curry powder and stir-fry until fragrant. Add the leeks and ginger and stir-fry for about 1 1/2 minutes, until slightly limp. Add the bean sprouts and cook for 20 seconds, add the shrimp, rice noodles, and the Singapore sauce and toss gently until the noodles have absorbed the sauce and are tender. Transfer to a platter and serve.

Singapore Noodles with Barbequed Pork

This version of Singapore Noodles is made with barbequed pork. You'll find another recipe for [Singapore Noodles](#) made with shrimp by clicking on the link.

Serves 6

Ingredients:

1/2 pound (8 ounces, 1 cup) thin rice noodles (such as Hsiu Chiu Rice Sticks)
2 1/2 cups onion
1 red pepper
4 cups sui choy (Napa cabbage)
2 cups mung bean sprouts
1/2 cup (4 ounces) barbecued pork

Curry Seasoning:

1 1/2 tablespoons finely chopped garlic
1 tablespoon finely chopped ginger
1 1/2 tablespoons curry powder (Vietnamese brands are good - they have a sweet flavor)

Sauce:

1/4 cup chicken stock
3 tablespoons light soy sauce
1/2 teaspoon sugar
1 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon brown sugar if desired

2 tablespoons oil for [stir-frying](#)

Directions:

Preparation: rinse and drain the bean sprouts. Cut the red pepper into thin slices. Thinly slice the sui choy. Cut the barbecued pork into thin slices. Prepare the garlic and ginger for the curry seasoning.

Soak the rice noodles in hot water for about 15 minutes to soften. Drain. Add cold water and drain again. If desired, chop the noodles into smaller pieces to make them easier to work with while cooking.

Mix together the ingredients for the curry seasoning and set aside.

Mix together the sauce ingredients and set aside.

Heat wok and add oil. When oil is ready, add the curry seasoning and onion and stir-fry on high heat for 1 - 2 minutes. Add the red pepper and fry for another minute. Add the sui choy and stir-fry for another 2 - 3 minutes (until it softens).

Add the bean sprouts and cook for about 20 seconds, then add the barbecued pork and the noodles. Add the sauce, tossing the ingredients carefully to mix. If too dry, add a bit more chicken stock or water. Test and adjust the seasoning, adding more curry powder, soy sauce or brown sugar as desired. Serve hot.

Sizzling Rice Soup

A restaurant specialty, sizzling rice soup makes crackling sounds when crisp rice is added to the hot broth.

Serves 6

Ingredients:

4 large dried black mushrooms, stems removed
1 medium (about 6 ounces) boneless, skinless chicken breast
1 slice ginger
1/4 cup barbequed pork (or cooked ham)
4 ounces shrimp
1/4 cup canned bamboo shoots
1/4 cup canned water chestnuts
5 cups chicken stock or broth
1 cup reserved mushroom soaking liquid
1 TB dark soy sauce
1 1/2 tsp Chinese rice wine or dry sherry
Salt and pepper to taste
A few drops sesame oil

Crispy Rice (See Below)

Oil for deep-frying

Directions:

Soak mushrooms in hot water for about 20 minutes. Strain the liquid and reserve 1 cup for the soup. Cut mushrooms into quarters. Cut the water chestnuts and bamboo shoots into thin slices.

Bring a pot of water to boil. Add the chicken and slice ginger and briefly blanch the chicken, just until it changes color. Drain and cut the chicken into thin slices.

Bring the chicken stock or broth and the reserved mushroom liquid to a boil. Add the chicken and pork, shrimp and the vegetables. Let simmer for a few minutes, then add the soy sauce, sherry, and the salt and pepper. Drizzle with the sesame oil. Bring back to a boil and then let simmer for a few more minutes. Place the soup in a large serving bowl and keep warm.

Heat wok and add oil for deep-frying. When oil is ready, prepare the Crispy Rice. Deep-fry until it puffs and turns brown, then drain on paper towels.

Add the rice to the soup at the table, so that guests can hear the rice make popping sounds when added to the broth.

To Make Crispy Rice:

Preparation Time: 1 1/2 hours

Yield: 8 - 10 squares

Rinse 1 cup of long or medium grain rice.

In a pot, add 1 1/2 cups water (1 1/4 cups for medium grain rice) to the rice and bring to a boil.

Cover and simmer on low heat for 30 minutes. Remove from burner and allow to cool.

While rice is cooling, preheat oven to 300 degrees Fahrenheit.

Place the rice on a baking sheet, making sure that it is about, but no more than, 1/4-inch thick.

Bake the rice for 50 - 55 minutes, until it is dry.

Cool and cut into 2-inch squares.

Store in a canister until needed. Do not freeze.

Slivered Mutton with Young Ginger

Ingredients:

7 oz (200g) lean boneless mutton
2 tsp. soy sauce
2 tsp. rice wine
5 tbsp vegetable oil
1/2 tsp. salt
1 oz (35g) garlic shoots (substitute 1 tbsp sliced garlic)
2 oz (50g) young ginger
1 tsp. sweet bean sauce (made from fermented flour, can be substituted with Hoisin sauce)
1 medium green pepper, halved and seeded
1 tsp. dissolved cornstarch(cornflour)
dissolved in 1 tsp. water



Directions:

1. Cut the mutton into fine slivers and mix with the rice wine and salt. Cut the tender ginger and green pepper into slivers.
2. Mix together the cornstarch-water and soy sauce. Set aside.
3. Heat the oil in a wok to very hot, or until the oil surface ripples. Add the green pepper and stir-fry until they start to wilt. Remove and drain. Add the mutton slivers and stir-fry a few moments. Add the ginger, green pepper, and garlic shoots, Stir-fry several times. Stir in the sweet bean sauce. Stir the cornstarch sauce and add. Cooking, stirring until thickened. Remove and serve.

Soft-fried Mushrooms

Ingredients:

5 oz (150 g) reconstituted koumo mushrooms
(substitute fresh or canned mushrooms)
2 cups (500 ml) meat stock
1/4 tsp salt, or to taste
2 egg whites
5 1/2 tbsp (50 g) flour
2 cups (500 ml) vegetable oil; uses about 2
oz (60 ml)
spiced pepper-salt
1/4 tsp MSG



Directions:

1. Wash the mushrooms well to remove any sand. Remove the stems. Blanch twice in meat stock, then drain and place in a bowl. Add the salt and MSG and mix well.
2. Whisk egg whites and flour into batter and coat the mushrooms.
3. Heat the oil in a wok to about 230oF(110oC), add the mushrooms one by one and deep-fry until the batter is soaked with oil. Remove and drain. Heat the oil to 400oF(205oC), or until a piece of scallion green or ginger brown. Mix well and serve with the spiced pepper-salt as a dip.

Soy and Ginger Dressing

Soy Ginger dressing makes a good accompaniment with blander noodle, rice, or vegetable dishes. I often serve it with plain white rice.

Yield: 1/4 cup

Ingredients:

1/4 cup light soy sauce
2 teaspoons minced ginger
a pinch of white pepper
sesame oil to taste

Directions:

Combine all the ingredients and serve as a dip.

Soy Bean Soup with Pork Cubes

Ingredients:

3 1/2 oz (100 g) lean boneless pork, cubed
2 tsp soy sauce
3 1/2 oz (100 g) soy beans, cooked
1/4 tsp salt, or to taste
3 1/2 oz (100 ml) vegetable oil
4 cups (1 liter) clear stock
2 tsp scallions, shredded
1/2 tsp MSG
2 tsp fresh ginger, shredded



Directions:

1. Heat the oil in wok until the oil surface ripples. Add the scallions and ginger and stir-fry until fragrant. Add the pork cubes. Stir-fry until the pork turns white. Stir in the soy sauce and salt. Add the soy beans and stock. Bring to a boil, skim off any foam, and the MSG. Remove and serve.

Soy Mushroom Chili Sauce

Ingredients:

3 tablespoons balsamic vinegar
2 tablespoons reduced sodium soy sauce
2 tablespoons mushroom soy sauce
2 tablespoons sugar
1 1/2 teaspoons minced fresh ginger
1/8 teaspoon powdered ginger
1 tablespoon sesame oil
1 teaspoon chili oil

Directions:

Mix all ingredients except oils, stirring to dissolve sugar. Slowly whisk in oils.

Soy Sauce Chicken

Ingredients:

4 chicken legs
4 Chinese dried mushrooms, soaked in hot water for at least 15 minutes to soften, stems removed
2 green onions, cut on the diagonal into thirds
1 garlic clove, minced
1 slice ginger, minced

Marinade:

2 tablespoons light soy sauce
1 tablespoon dry sherry
1 tablespoon cornstarch

Sauce:

1/4 cup dark soy sauce
2 tablespoons light soy sauce
2 tablespoons sugar
1 cup water
1/4 teaspoon MSG (if desired) ?if not using, you may want to increase the amount of sugar slightly
1 tablespoon dry sherry
a few drops sesame oil

2 - 4 cups oil for deep-frying
3 tablespoons oil for stir-frying

Directions:

Add the marinade ingredients and marinate the chicken for approximately 15 minutes. While the chicken is marinating, prepare the mushrooms, garlic, ginger, and green onions. Mix together the sauce ingredients.

Heat the wok and add oil for deep-frying. Slide the chicken legs in carefully and deep-fry until they turn brown. Remove from the wok and drain on paper towels.

Heat the wok and add oil. Add the green onion, garlic, and ginger, and stir-fry until aromatic. Add the chicken, mushrooms, and the sauce. Cover the wok with a lid and simmer on medium heat for about 15 minutes, stirring from time to time.

Remove the chicken with a slotted spoon and place on a serving plate. Pour the sauce over the chicken.

Sparerib Soup

Ingredients:

9 oz (250g) pork spareribs
1 tsp scallions, chopped, white parts only
5 tsp vegetable oil
1/8 tsp rice wine
3/4 tsp salt, or to taste
1/4 tsp MSG
1/2 tsp fresh ginger, chopped



Directions:

1. Wash the spareribs and chop into 1 inch by 2 inch (3cm X 5 cm) pieces.
2. Heat the oil in a wok over high heat until the oil surface ripples. Add the spareribs and stir-fry for 10 minutes, or until the ribs turn a lighter color and give off most of their juices. Place in a heavy casserole with the salt and ginger. Add 2 1/2 cups (600 ml) of water, cover and bring to a boil. Boil for 2 hours over high heat, replenishing the water if necessary. Add the MSG and scallions. Turn down the heat and simmer for 30 minutes. Remove and serve.

Spareribs with Black Bean Sauce

Serves 4 - 6

Ingredients:

2 -3 pounds spareribs
2 garlic cloves, peeled and minced
2 slices ginger
1 green onion, diced

Sauce:

1 tablespoon fermented black beans (also called salted black beans)
1 teaspoon soy sauce
1 teaspoon sugar
1/4 cup water

1 tablespoon cornstarch mixed with 2 tablespoons water (optional)

2 - 3 tablespoons oil for stir-frying

Directions:

Cut apart the spareribs. Rinse the fermented black beans thoroughly and then mince. (Not rinsing the beans will make the sauce too salty). Mix together the sauce ingredients and set aside.

Heat the wok on high heat and add oil. When oil is ready, add the garlic and ginger and stir-fry until aromatic. Add the spareribs, stir-frying until they are lightly browned.

Add the sauce. Reduce the heat to medium, cover and simmer for about 10 minutes. While the ingredients are cooking, mix together the cornstarch and water if you are going to use it. Once the ingredients are finished simmering give the cornstarch/water mixture a quick re-stir and add, stirring to thicken. You can stir in the green onion at this point or use it as a garnish. Serve with white rice.

Spicy Bean Curd

Ingredients:

7 oz (200 g) fresh bean curd (tofu)
2 1/2 oz (75 g) lean boneless beef
2 1/2 oz (75 ml) vegetable oil
1/4 tsp salt, or to taste
1 tbsp fermented black beans, or hot soy
bean paste
1 1/4 tsp ground hot red chili (chilli) pepper,
without seeds.
5 oz (150 ml) meat stock
1 tbsp garlic shoots, chopped (or use
chopped garlic)
2 tsp soy sauce
1 tsp cornstarch (cornflour) dissolved in 1 tsp
water
1/2 tsp ground Sichuan peppercorns
1/8 tsp MSG



Directions:

1. Cut the bean curd into 3/4 inch (2 cm) cubes. Drop into boiling water for 1 minute. Remove and drain well. Mince the beef.
2. Heat the oil in a wok over high heat to moderately hot about 230°F(110°C). Add the beef and stir-fry until brown. Add the salt and fermented black beans. Stir-fry 1 minute. Add the ground chili pepper and stir-fry until fragrant. Add the stock and bean curd, bring to boil and cook for 4 minutes. keep the stock at a fast boil and add the garlic shoots or garlic, soy sauce and MSG. Stir in the cornstarch-water mixture and cook, stirring gently so as not to break the bean-curd cubes until thickened. Scoop out the bean curd and place in a serving dish. Sprinkle with the ground peppercorns, and serve.

Spicy Chicken Wing

Ingredients:

1 kg chicken wings (mid-joint)
5 TB salt
Freshly Ground Black Pepper

Directions:

Clean wings and marinate with 3 TB salt, the longer the better (the wings can be prepared in advance and frozen). Line the wings on a baking tray, and sprinkle with remaining 2 TB salt and freshly ground black pepper. Bake at 230 Celsius (roughly 450 Fahrenheit) for 20 minutes or until golden, turning once. Serve with dipping sauce.

Dipping Sauce: Mix ketchup with a bit of honey and tabasco sauce.

Spicy Chili Mango Sauce

Ingredients:

1 cup spicy-sweet chili sauce
1/2 cup sake
1/4 cup passion fruit syrup or orange juice concentrate
1/4 teaspoon minced ginger
1/4 teaspoon minced garlic
1/4 cup water
1 teaspoon minced shallots
1 ripe mango, peeled and cut in 1/4" cubes

Directions:

Combine all sauce ingredients in a saucepan and simmer over low heat 15 minutes, or until thick.

Spicy Cucumbers

Serves 4 to 6

Ingredients:

1 pound small cucumbers for pickling
1 tablespoon salt
1/2 teaspoon sugar
10 slices ginger, finely shredded
1 red pepper, finely shredded
1/2 cup sesame oil
4 whole dried red chili peppers
1 teaspoon peppercorns
3 tablespoons red wine vinegar
2 tablespoons sugar
1 1/2 teaspoons light soy sauce

Directions:

Cut cucumbers into quarters lengthwise. Sprinkle with salt and sugar. Stir lightly. Set aside 20 minutes.

Rinse cucumbers in cold water. Drain. Squeeze out liquid.

Arrange cucumbers in a shallow Pyrex dish. Spread ginger and red pepper on top.

Heat sesame oil in wok. Stir-fry red chili peppers until dark. Add peppercorns. Pour this mixture over cucumbers.

Mix vinegar, sugar, and soy sauce in a small bowl. Pour this sauce over cucumbers.

Marinate overnight. Serve cold.

(May be prepared in advance. Do not freeze.)

Spicy Eggplant

Serves 4 to 6

Ingredients:

- 1 pound eggplant (Chinese preferred)
- 4 tablespoons oil
- 2 cloves garlic, minced
- 1 1/2 tablespoons ginger, minced
- 2 scallions, chopped fine
- 4 ounces ground pork
- 2 tablespoons dark soy sauce
- 1 teaspoon red wine vinegar
- 1/2 teaspoon sugar
- 2 teaspoons chili paste with garlic
- 1 teaspoon sesame oil
- 1/4 cup chicken stock

Directions:

Slice eggplant diagonally into 1-inch slices.

Heat 2 tablespoons of oil in wok until very hot. Stir-fry eggplant about 5 minutes or until soft. Set aside.

Heat 2 tablespoons oil in wok. Stir-fry garlic, ginger, and half the scallions on low heat until aroma comes, about 30 seconds. Add pork.

Turn to high heat. Stir-fry until meat changes color. Add soy sauce, vinegar, sugar, and chili paste with garlic. Stir-fry 30 seconds.

Pour eggplant into meat mixture. Add remaining scallions and stock. Cook and stir about 3 minutes. Stir in sesame oil.

Spicy Fragrant Mung Bean Sprouts

Ingredients:

1 lb (500 g) mung bean sprouts with roots removed
7 tbsp (100 ml) vegetable oil
10 whole Sichuan peppercorns
1 tsp scallions, shredded
4 dried or fresh hot red chilli peppers, seeded and shredded
1/2 tsp salt, or to taste
1/4 tsp vinegar
1 tsp sesame oil
3/4 oz (20 g) coriander, chopped in inch (2cm) sections
1/4 tsp MSG



Directions:

1. Wash the bean sprouts and drain well.
2. Heat the oil in a wok until the oil surface ripples. Add the peppercorns and deep-fry until fragrant. Scoop out and discard. Add the scallions and fry, add bean sprouts, red chilli pepper shreds, and salt. Stir-fry for 2 minutes. Pour in the vinegar and add MSG and sesame oil. Sprinkle with the coriander, remove and serve.

Spicy Spareribs

The author writes: The spareribs to buy for this dish are not the thick, meaty ones with layers of fat and lean, but small spareribs in racks which are sold as American (as opposed to Chinese) spareribs

Serves 6

Ingredients:

1/5 kg/3 lb pork spareribs
2 teaspoons chopped garlic
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
1/2 teaspoon five spice powder
1 tablespoon sesame oil
1 tablespoon honey
3 tablespoons soy sauce

Directions:

Separate spareribs into lengths which will fit into roasting pan. Sprinkle garlic with salt and crush to a paste with flat of a knife. Combine with pepper, five spice powder, honey, sesame oil and soy sauce.

Rub well all over the spareribs and leave to marinate for 20 minutes.

Preheat oven to 200 degrees C (400 F). Place spareribs into roasting pan and cook in a hot oven for 20 minutes. Turn spareribs, add 1/2 cup hot water to pan and continue roasting for a further 20 minutes.

Alternatively, heat 2 tablespoons peanut oil in a large, heavy frying pan and brown spareribs. Add 1/2 cup water, cover and simmer until tender. Serve hot.

Spicy Tofu Stir-Fry

Serves 4

Ingredients:

1/2 package (300 grams) Superior Pressed Tofu*
3 cups vegetables (carrots, celery, onions, mushrooms, etc.)
1/4 cup roasted unsalted peanuts or cashew nuts
2 tablespoons vegetable oil

Sauce:

1 tablespoon soy sauce
1 tablespoon sesame oil
1 tablespoon hot and spicy chili sauce
1 tablespoon cornstarch dissolved in 2 tablespoons of cold water

Directions:

Cube tofu and vegetables into 1/4" cubes. Heat oil in wok. Stir fry vegetables for 2 minutes or until half cooked. Add tofu, and stir fry for another 1 minute until heated through. Add sauce and cook until sauce has thickens. Add more water if necessary. Toss in peanuts and serve. Makes 4 servings.

Nutritional value per serving: 300 calories, 12g protein, 19g fat, 19g carbohydrates.

*Pressed Tofu has been pressed and seasoned with spices.

Sponge Cake

The secret of Chinese sponge cake lies in the fact it is steamed, which makes it very moist. Serve sponge cake with strawberries or other fresh fruit for a light dessert.

Ingredients:

1 cup cake flour
1 tsp baking powder
1/4 tsp salt
5 eggs
1/2 teaspoon cream of tartar
3/4 cup sugar
1 tsp almond extract

Directions:

Line a 9 X 9 inch cake pan with parchment paper. Prepare a wok for steaming. Place the flour in a medium bowl. Sift in the baking powder and salt and set aside. Separate the egg yolks and the egg whites. In a medium bowl, beat the egg whites until frothy. Add the cream of tartar and beat briefly. Add 1/4 cup of sugar and beat for another minute (don't let the egg whites stiffen). Add the egg yolks and the remaining 1/2 cup of sugar. Beat for about 2 more minutes. Stir in the almond extract. Gradually add the flour mixture to the egg mixture, stirring. Mix thoroughly, but do not beat. Pour the batter into the cake pan. Bring the water in the wok to a high boil, then turn down to medium. Steam the cake, covered, for 40 minutes or until a toothpick comes out clean. Cool and turn over. Cut into squares.

Spring Onion Hotcake (Scallion Pancakes)

Makes 8 - 10 pancakes

Ingredients:

2 1/2 cups plain flour
2 teaspoons yeast (instant)
1 cup water
2 teaspoons oil
2 spring onions/green onions/scallions, washed and thinly diced (or as you like)

a bit of oil to brush on pancakes
a bit of salt to sprinkle on pancakes during frying

Directions:

Mix together the first four ingredients and leave to rise for 2 hours. (The dough should be spongy).

While the dough is rising, wash and dice the spring onions.

Flour a surface and knead the dough. Cut the dough into thirds and continue kneading. The dough should be smooth.

Roll the dough out into one flat piece approximately 1/2 cm or 1/4 inch thick. (If desired, you can make a thinner pancake, about 1/8 inch thick)

Brush the pancake with a bit of oil, and sprinkle with spring onion pieces. Roll up the pancake and cut into 8 - 10 pieces.

Use the palm of your hand to flatten each piece roll out again.

Heat a bit of oil in a large skillet. Shallow fry the pancakes until both sides are golden brown, being sure to sprinkle with a bit of salt during frying.

Serve whole or cut into wedges. Serve plain or with soy sauce or another dipping sauce if desired.

Note: Once you have begun working with the dough, if you have to stop at any point be sure to cover it with a damp cloth so that it doesn't dry out.

While kneading the dough, continue flouring the surface as needed.

Spring Roll

The crisp texture of vegetables and savory seasonings makes the Chinese Spring roll a popular appetizer

Makes about 2 dozen spring roll

Ingredients:

1 tablespoon oil
2 cups your choice of meat (cooked ham, Chinese barbecued pork, raw pork, or raw chicken, cut julienne; you can also add tiny shrimp or leave out the meat entirely and substitute more vegetables)
6 Chinese dried black mushrooms, soaked to reconstitute, then cut julienne
1/2 cup bamboo shoots, cut julienne
1 cup mung bean sprouts
1 small carrot, shredded
1-1/2 cups Chinese or regular green cabbage, shredded
2 scallions, shredded
1/4 cup chicken broth (or vegetarian broth for a vegetarian version)
2 tablespoons oyster sauce
2 teaspoons sugar
2 teaspoons cornstarch
1 package spring roll or egg roll wrappers, thawed if frozen
1 egg, beaten

4 cups oil for deep-frying
plum sauce for dipping

Directions:

1. Prepare filling: Heat oil in a wok. Add meat and stir-fry briefly (until cooked through, if raw). Add vegetables and stir-fry about 2 minutes. Combine chicken broth, oyster sauce, sugar, and cornstarch. Add to wok and stir-fry until sauce thickens. Let filling cool before filling spring rolls (refrigerate if you're in a hurry).
2. To prepare each spring roll: Position one wrapper like a diamond with one point facing you. Place about 2 tablespoons of filling in a log shape across the bottom about 2" from the lowest corner. Fold the bottom corner up over the filling and tuck it behind the filling. Roll the packet up once to enclose the filling securely. Moisten the three remaining corners of the wrapper with beaten egg. Fold the left and right corners to the center and press down firmly to seal, forming an envelope. Finish rolling up, sealing the top corner. Repeat with remaining packets.
3. (Spring rolls may be prepared a few hours ahead and refrigerated, covered with plastic wrap, until ready to cook. Make sure they do not touch each other or the dough will stick together.)
4. In a deep-fryer or wok, heat 4 cups of oil to 360 -375 degrees F. Deep-fry spring rolls a few at a time, until crisp and golden. Drain on paper towels. Serve the spring rolls hot, whole or cut in thirds, with plum sauce as a dip.

Spunky Stir-fried Ramen

You can use instant Ramen noodles - just discard the flavor package, dip the ramen noodles in boiling water, and toss them quickly in the sauce

Serves 6

1 pound boneless center-cut pork loin, fat trimmed and cut into thin julienne strips

Marinade - Mix together:

2 tablespoons soy sauce
1 1/2 tablespoons minced gingerroot
1 tablespoon minced garlic

4 1/2 tablespoons vegetable oil
2 cups sliced onions, cut into thin julienne shreds
1 teaspoon crushed red pepper, or to taste
4 cups sliced Napa cabbage, stem section trimmed, slices laid flat and cut lengthwise in half, then into thin julienne shreds, leaf and stem sections separated
1 cup grated carrots
1 1/2 tablespoons rice wine or sake

Sauce - Mix together:

1/4 cup soy sauce
3 tablespoons rice wine or sake
1 1/2 tablespoons sugar
1 1/2 tablespoons Worcestershire sauce
1/2 teaspoon toasted sesame seeds

3/4 pound fine dried Japanese ramen noodles, cooked until just tender, rinsed and drained (or you can substitute Chinese egg noodles or angel hair pasta)

Directions:

In a bowl, mix the meat with the marinade, toss lightly, and let marinate for 30 minutes.

Heat a wok or a skillet, add 3 tablespoons of oil, and heat until near smoking. Add the pork, stir-fry until the shreds separate and change color, remove, and drain. Wipe out the pan and reheat.

Add the remaining oil and heat over high heat until hot. Add the onions and crushed pepper, and stir-fry for about 1 minute. Add the cabbage shreds. Toss lightly for 1 minute and add the carrots and rice wine. Cook for another minute and add the sauce. Heat until boiling.

Add the cooked pork and the Ramen noodles, and toss lightly to blend. Transfer to a platter and serve immediately.

Steamed Beef (Szechuan Style)

(the secret to this popular restaurant dish is to marinate the beef in a bit of oil)

Serves 3 to 4

Ingredients:

3/4 lb (375 g) lean beef, sliced thinly into bite-sized pieces

Marinade for Beef:

1 egg

1/3 tsp (1.5 mL) salt

1 Tbsp (15 mL) cooking wine

1 Tbsp (15 mL) cornstarch

2 Tbsp water

1 1/2 Tbsp (20 mL) oil

1 1/2 lb (750 g) broccoli, flowerets removed, slice on the diagonal into thin slices

1 cup (250 mL) cooking oil

2 1/2 Tbsp (30 mL) oyster sauce

2 Tbsp (25 mL) light soy sauce

3/4 Tbsp (10 mL) dark soy sauce

1 Tbsp (15 mL) sugar

a few drops of sesame oil

2 cloves garlic, crushed

1/2 cup (125 mL) chicken broth

2 Tbsp cornstarch (if desired)

Directions:

Slice beef and mix together marinade ingredients. Add marinade to beef and marinate for thirty minutes. Add 1 1/2 tablespoons of oil to beef, mix in thoroughly, and marinate beef for another thirty minutes. While beef is marinating, prepare the vegetables.

Heat wok and add 1 cup of oil. When oil is ready, add beef and stir-fry until it is nearly cooked. Remove beef and set aside on a plate. Drain the wok and wipe clean with a paper towel.

Add 1/2 cup water to wok. Bring the water to a boil and add the broccoli. Cover and cook until broccoli is cooked through. Drain the wok.

Heat wok and add oil (about 2 tablespoons). Add the garlic and stir-fry for about 1 minute. Add vegetables and beef and mix together. Make a well in the middle of the wok and add the sauce ingredients. Add cornstarch, stirring to thicken. Mix sauce together with other ingredients. Serve hot.

Variations:

*Add carrots and onion if desired. Boil in the wok with the broccoli (you'll need to add more water).

Steamed Buns with Barbecued Pork Filling

Makes 24 Buns

Ingredients:

2 tablespoons oil
1 scallion, chopped fine
1 clove garlic, chopped fine
1/2 pound barbecued pork cut into small cubes
2 tablespoons light soy sauce
2 tablespoons oyster sauce
1 tablespoon sugar
1 tablespoon cornstarch, dissolved in 2 tablespoons water or chicken stock

Directions:

1. Follow [Basic Bun recipe](#) through step 3.
2. Heat 2 tablespoons oil in wok. Stir fry scallion and garlic 30 seconds. Add pork. Stir fry 1 minute. Add soy sauce, oyster sauce, and sugar.
3. Pour in dissolved cornstarch. Stir fry quickly until pork is glazed. Remove to bowl and allow to cool.
4. On a floured board, knead dough 1 minute and roll into one long, sausage-like roll 2 inches in diameter.
5. Slice the roll crosswise into 1 inch pieces.
6. Flatten each piece with the palm of your hand and roll with rolling pin into 3 inch rounds.
7. Place 2 tablespoons of filling in center of each round.
8. Gather dough up around the filling by pleating along the edges. Bring the pleats up and twist securely and firmly.
9. Place each bun on 2 inch square of aluminum foil on steamer tray. Cover with a towel. Let rise 1 hour, until dough springs back when touched with finger. Remove towel.
10. Steam over briskly boiling water 10 minutes.
- 11.

May be prepared in advance. May be frozen. Thaw out in plastic bag and resteam 10 minutes.

Steamed Carp

Ingredients:

1 whole fresh carp about 1 lb (500g) (or trout and other firm-fleshed fresh-water fish)
4 bamboo shoots sliced
5 tsp. rice wine
2 tbsp lean pork, diced and marinated in sugar
1 tsp. salt, or to taste
4 slices Chinese ham, steamed
4 black mushrooms, sliced and soaked
2 1/2 tbsp lard or vegetable oil
2 tsp. scallions, chopped in 1 -inch sections
1 tsp. ginger, sliced



Directions:

1. Wash the fish and make 2 to 3 X-shaped slashes on each side. Rub with the rice wine and let marinate. Place on a heat-proof dish and sprinkle with the salt, mushrooms, bamboo shoots, and diced pork. Place the ham, lard, scallions, and ginger on top.
2. Place the dish in a steamer and steam for 10 to 15 minutes, or until the fish is cooked through . Discard the scallions and ginger, and serve.

Steamed Carp in Egg Custard

Ingredients:

1 whole carp, about 3/4 lb. (350g), with head and tail (substitute trout or other firm-flesh freshwater fish)
1 oz(30ml) clear stock
4 eggs
1 tsp. soy sauce
1/2 tsp.-salt, or to taste
2 tsp. sesame oil
1 tbsp rice wine
1/2 tsp. scallions, chopped
1/2 tsp. ginger, chopped
1 tsp. MSG (optional)



Directions:

1. Clean the wash the fish. Blanch in boiling water and drain.
2. Beat the eggs in a heat-proof bowl and stir in the salt, rice wine, MSG, 4 tsp. of the stock and mix well. Place fish in the bowl with the egg mixture. Place the bowl in a steamer and steam for 10 to 15 minutes, or until the custard is set.
3. Mix the soy sauce, sesame oil, the remaining 2 tsp. of the stock, the scallion, and the ginger into a sauce. Pour over the fish and serve.

Steamed Chicken

Ingredients:

1 whole chicken, about 2 1/2 lb. (1 kg)
1/4 tsp. (1 g) fennel seed
4 tsp. salt, or to taste
1/4 tsp. (1g) Dahurian angelica root,
chopped, if available
5 oz (150g) scallions, chopped
1/2 tsp. whole Sichuan peppercorn
5 tsp. (25g) fresh ginger, shredded
1/2 tsp. whole Sichuan peppercorn
1/4 tsp. (2 g) cloves
3 1/2 tbsp wine



Directions:

1. Wash the chicken. Mix together the salt, half the scallions, and half the ginger, and rub over the chicken inside and out. Mix together the remaining scallions and ginger, the cloves, fennel seed, angelica, ground peppercorns, and rice wine, and place in the chicken cavity.
2. Place the chicken on a heat-proof dish in a steamer and steam for 1 1/2 hours. Remove from the heat and let cool. Discard the seasonings in the body cavity.
3. Chop the chicken into 1 inch by 2 inch (5cm by 3 cm) chunks and serve.

Steamed Chicken with Oyster Sauce

Ingredients:

1 whole fryer chicken or capon, about 3 1/4 lb.
2 tsp. soy sauce
2 tsp. rice wine
4 cups (1 litre) vegetable oil for deep-frying
1 oz (25g) dried Chinese black mushrooms, soaked and sliced
2 oz (50g) bamboo shoots, sliced
3 tbsp scallions, chopped
5 tsp. fresh ginger, sliced
2 oz (50g) Yunan preserved vegetable (a kind of salted mustard), sliced
1 oz (25g) dates
2 cups (500ml) chicken stock
2 tbsp oyster sauce
2 1/2 tbsp sugar
1 tsp. salt, or to taste
1/4 tsp. ground Sichuan peppercorn
2 tbsp cornstarch dissolved in 2 tbsp water
1/4 tsp. sesame oil
2 tbsp MSG (optional)



Directions:

1. Mix soy sauce and rice wine and rub over the chicken inside and out. Heat the oil in a wok to 230oF (110oC). Add the chicken and deep-fry until brown. Remove and drain. Pour the oil out of the wok.
2. Blanch the mushrooms and bamboo shoot slices briefly in boiling water, drain, and set aside.
3. Pour 3 1/2 oz (100ml) of oil back into the wok over high heat to 340oF (170oC) until the surface ripples. Add the scallions and ginger and stir-fry. Add the remaining rice wine, soy sauce, mushrooms, bamboo shoots, preserved vegetable, dates, stock, oyster sauce, sugar, salt, peppercorn and chicken. Boil, then reduce heat to low and simmer chicken until cooked. Add MSG(optional).
4. Remove mushrooms, bamboo shoots, and dates, and place in serving dish. Remove chicken, chop into 1 by 2 inch (3cm by 5cm) chunks, and stack in the serving dish. Discard preserved vegetable. Stir cornstarch-water mixture, add to the wok, stirring, until thick. Pour over the chicken and serve.

Steamed Chinese Fruit Cake

Also known as Sticky Cake, this New Years dish is traditionally fed to the Chinese Kitchen God, so that he will give a favorable report on the family's behavior throughout the previous year when he returns to heaven.

Yield: 8 Servings

Ingredients:

- 1 tablespoon flour
- 2 eggs, with whites and yolks separated
- 1/4 cup butter
- 1/2 cup sugar
- 1 1/4 cups glutinous rice flour
- 1/3 cup milk
- 1 cup Chinese dried fruits, pitted if necessary and diced*
- 1 piece crystallized ginger, diced (optional)
- 1/2 cup chopped walnuts

Directions:

Grease a loaf pan that is approximately 4 x 8 inches and set aside.

Beat the egg whites until stiff. Cream together the butter and the sugar. Add the egg yolks and mix thoroughly. Add one-third (a little less than 1/2 cup) of the glutinous rice flour and mix. Add about half of the milk. Continue adding the rice flour and the milk alternately until the entire amount is mixed in.

Stir in whichever fruits you are using and then add the beaten egg whites, folding them into the cake batter.

Pour the cake batter into the loaf pan and steam, covered, for about one hour. Allow to cool and cut into thin slices.

Steamed Crystal-Filled Dumplings

Ingredients:

4 1/2 cups (500 g) flour
4 1/2 tsp baking powder
2 oz (50 g) pork fat, diced
2 oz (50 g) Stir-fried flour
7/8 cup (200 g) sugar
1/3 oz (10 g) walnuts, chopped
1 tsp (5 g) red preserved plum, shredded
(optional)
1 tsp (5 g) green preserved plum, shredded
(optional)



Directions:

1. Mix the flour, baking powder, and 9 oz (250 ml) of water into a dough. Let rise, then knead and roll the dough until smooth and elastic. Cut in 10 pieces.
2. Mash the pork fat in a bowl. Mix in the Stir-fried flour, sugar, walnuts, preserved plums, and enough water to make a filling. Divide the filling into 10 portions.
3. Roll out the dough balls into 3 inch (7 cm) circles. Place 1 portion of filling in each wrapper and pinchgather the edges as illustrated. Steam in a steamer for 7 minutes, or until cooked. Remove and serve.

Steamed Custard

Serves 4 to 6

Ingredients:

5 eggs
1 1/4 teaspoons salt
1 tablespoon sherry
1/2 cup chicken stock
2 tablespoons oil
1/2 teaspoon scallion, chopped fine
1/2 teaspoon ginger, chopped fine
2 ounces ground pork
1 tablespoon dark soy sauce
4 ounces fresh shrimp, shelled, deveined, each cut into 8 pieces
1/2 teaspoon cornstarch

Directions:

Beat eggs in bowl. Add 1 teaspoon of salt, sherry, and stock. Beat again.
Place bowl on a rack in pot or steamer. Cover and steam over boiling water 20 minutes. Set custard aside.
Heat 1 tablespoon of oil in wok. Add scallion, ginger, and pork. Stir-fry 1 minute. Add soy sauce. Cook 1 minute. Remove.
Mix shrimp with 1/4 teaspoon salt and cornstarch. Stir-fry shrimp in 1 tablespoon heated oil 1 minute. Add pork mixture. Stir-fry 30 seconds more.
Pour meat and shrimp mixture over custard.

(Pork may be ground and shrimp cleaned in advance. Do not freeze.)

Steamed Egg Custard

Ingredients:

3 eggs
1 1/2 cups (350ml) warm or cold water
2 tsp. soy sauce
1 tbsp dried shrimps
1/4 tsp. salt, or to taste
1/2 tsp. scallions, shredded
1 tsp. sesame oil



Directions:

1. Soak the dried shrimps in warm water until soft. Drain and chop finely.
2. Whisk together the eggs, soy sauce, salt, and sesame oil in a heat-proof bowl. Blend in the water.
3. Place the bowl in a steamer and steam for 15 minutes . Remove , sprinkle with the shrimps and scallions, and serve.

Steamed Eggplant

(Oriental eggplants are long, thin, and light purple in color)

Serves 4 to 6

Ingredients:

1 1/2 pounds Chinese eggplant
1 tablespoon oil
1 tablespoon garlic, minced
1 tablespoon ginger, chopped fine

Sauce:

3 tablespoons light soy sauce
2 tablespoons red wine vinegar
2 tablespoons sugar
1/4 teaspoon salt
1 tablespoon sesame oil
1 teaspoon chili paste with garlic (optional)

Directions:

Slice eggplant diagonally into 2-inch long slices. Put on plate. Place plate on rack in pot or steamer. Steam covered over boiling water 30 minutes.
Combine sauce ingredients in bowl. Mix well.
Heat oil in wok. Stir-fry garlic and ginger on low flame until aroma comes, about 30 seconds. Pour in sauce. Bring to boil. Remove from heat and cool.
Pour sauce over eggplant.

(May be prepared in advance. Do not freeze.)

Steamed Lotus Buns

(I love to stuff these rolls with myriad meat, seafood or vegetable mixtures to make a type of Chinese sandwich. They reheat beautifully if steamed for several minutes.)

Makes 18 Buns

Ingredients:

1 recipe [Basic Chinese Yeast Dough](#)

1 1/4 teaspoons baking powder

1/4 cup sesame oil

Directions:

Turn the risen dough out onto a lightly floured work surface. Flatten it into a circle with your hands and put the baking powder in the center. Gather up the edges to enclose the baking powder, bring them together, and pinch together in the center. Knead the dough lightly to incorporate the baking powder evenly. Roll the dough out on the lightly floured surface into a long snake-like roll about 1 1/2 inches in diameter. Cut the roll into 18 pieces.

Place each piece, cut side down, on the work surface and, using a small slender rolling pin, roll each piece out into a 3-inch circle. Brush the surface generously with the sesame oil and fold over to form a half-moon shape. With a sharp knife, lightly score the surface of the bun with a diamond pattern. Make 2 equally spaced V-shaped indentations in the round edge of the bun with the blunt edge of a knife. Place the bun on a cookie sheet lined with wax or parchment paper and repeat with the remaining dough. Cover with a damp dish towel and let rise for 20 minutes.

Fill a wok or a large pot with several inches of water and bring to a boil. Arrange the risen buns on a steaming tray or an aluminum pie plate punched with holes and very lightly brushed with corn or sesame oil. To hold the steaming tray steady above the boiling water, crisscross chopsticks in the wok or set an empty tuna can with both ends removed in the center of it. Place the tray or plate of buns over the boiling water. Cover and steam until the buns are light and springy, about 15 minutes. Remove with a spatula and serve hot or at room temperature.

To reheat, the buns steam for several minutes or microwave, covered with a damp dish towel, just until hot. To serve, stuff the buns with the meat, seafood, or vegetable mixture as directed in the recipes.

Steamed Minced Pork with Salted Eggs

Ingredients:

10 1/2 oz(300g) boneless lean pork
5 tsp. clean stock
2 tsp. flour
2 tsp. soy sauce
2 salted eggs, separated
1/4 tsp. MSG (optional)
1 tsp. sesame oil



Directions:

1. Mince the pork. Mix in the flour, MSG (optional), the egg whites and sesame oil and blend well. Spread the mixture in a shallow heat-proof dish and pour the egg yolks whole on top of the meat.
2. Place the dish in a steamer and steam over high heat for 8 to 10 minutes, or until the pork is cooked. Pour the clear stock over the pork, sprinkle with the soy sauce, and serve.

Steamed Pork Balls

Ingredients:

4 1/2 oz (125 g) pork, 1/3 lean, 2/3 fat or
commercially-ground pork
1 tsp. cornstarch (cornflour)
1 egg white, beaten slightly
7 oz (200ml) stock
1/2 tsp. rice wine
2 oz vegetable leaves
1/2 tsp. salt, or to taste
1/4 tsp. MSG (optional)



Directions:

1. Mince the pork if it is not already ground. Add the egg white, rice wine, MSG(optional), and salt, and stir to mix. Add the cornstarch and mix well. Shape lightly into four equal-sized balls.
2. Pour the stock into a wok and bring to a boil. Add the meat balls and cover them with the leaves. Bring to a boil over high heat, then turn the heat down, and simmer for 1 hour, or until the meat is tender and the gravy has thickened. Remove and serve.

Steamed Pork with Fermented Bean Curd (Suzhou Style)

Ingredients:

1/2 lb. (200 g) pork, lean and fat, cut in a square with skin attached
1/2 tsp. (3 g) red fermented rice
1 oz (25g) red fermented bean curd
1 oz (25g) rock sugar, crushed
3/4 tsp. salt
1 tsp. scallion sections
1/2 tsp. fresh ginger, chopped
2 tsp. rice wine



Directions:

1. Place the pork in boiling water to cover. Drain and wash in hot water. Cut into 1-inch (4cm) squares.
2. Soak the red fermented rice in a little warm water, crush it, and mix with the fermented bean curd, rock sugar and 1/2 tsp. salt into a paste. Coat the pork slices with the paste.
3. Stack the pork slices, skin side down, in a large bowl and pour the rest of the paste over them . Add the scallion, ginger, and rice wine. Cover the bowl tightly with a dish. Place the bowl in a steamer and steam over boiling water for 3 hours over a high fire, adding water when necessary, until the meat becomes very tender. Remove the bowl from the steamer. Discard the scallions and ginger. Cover the bowl with a serving dish and invert both so the pork slide into the dish with the skin side up. Serve.

Steamed Pork with Fermented Bean Curd (Guangzhou Style)

Ingredients:

1 1/4 lb. (200 g) pork, lean and fat with skin
1/2 tsp. soy sauce
4 cups (1 litre) vegetable oil for deep-frying;
will use about 1/2 cup (100ml)
14 oz (400 g) potatoes, peeled and cut in 1/8
inch (4mm) slices
3 cakes fermented bean curd
1 1/2 tbsp scallions, chopped
1 tbsp fresh ginger, chopped
1 1/2 tbsp garlic, chopped
3 cups (750ml) chicken broth
2 tsp. rice wine
1 tsp. salt, or to taste
1 tbsp sugar
1 tbsp cornstarch (cornflour) dissolved in 1
tbsp water



Directions:

1. Wash the pork and boil in water until thoroughly cooked. While the pork cooks, deep-fry the potato slices until cooked, drain, and set aside. Drain the pork and coat the skin with sauce.
2. Deep-fry the pork in hot oil, 350oF(180oC) until the skin browns. Drain and soak in cool water until the skin becomes soft. Then cut into 1/8 inch (4mm) slices, leaving some skin on each slice.
3. Crush the fermented bean curd into a paste and set aside.
4. Heat 2 tbsp of oil in a wok to very hot. Add the scallion, ginger, and garlic, and stir-fry. Add the bean cured and stir-fry briefly, then add the pork slices and stir-fry 30 seconds. Add the chicken broth, rice wine, salt, soy sauce, and sugar, and stir to blend. Bring to a boil, lower the heat, and simmer slowly until the pork is tender.
5. Remove the pork slices and stack in a large, heat-proof bowl with the skin side down. Pour sauce from wok over meat and set the bowl in steamer. Steam over high heat for 5 minutes .
6. Pour sauce back into wok, place pork in a serving dish, skin side up. Arrange potatoes around meat.
7. Heat the sauce, stir the cornflour-water mixture to blend it , and add to the sauce. Cook, stirring until thickened. Pour over the pork and serve.

Steamed Pork with Spiced Rice Flour

Ingredients:

1 lb. (500g) boneless lean and fat pork with skin
10 tsp. scallions, shredded
3 tbsp sesame oil
5 tsp. ginger, shredded
2 1/2 tbsp sugar
1 tbsp five-spice powder
5 tsp. rice wine
10 tbsp (150g) Spiced Rice Flour
2 1/2 tbsp fermented soy paste
7fl oz (200 ml) soy sauce



Directions:

1. Cut the pork into slices, 2 1/2 inches (6cm) long and wide and 1/4-inch (6mm) thick with a piece of skin on each.
2. Mix together the sesame oil, sugar, rice wine, soy sauce, fermented soy paste, five-spice powder, scallions, ginger and marinate for one hour and let the flavours permeate the meat. Mix the spiced rice flour with the pork slices. Stack the pork slices in one large heat-proof bowl or divide them into four individual bowls, with the meat skin side down.
3. Place the bowl or bowls in a steamer and steam for 2 to 3 hours over high heat, adding water as needed, until the meat is very tender. Remove and serve.

Steamed Port Dumplings

Ingredients:

4 1/2 (500 g) cups flour, sifted
4 1/2 tsp baking powder
7 oz (200 g) lean boneless pork, minced
4 tbsp soy sauce
1/2 tsp fresh ginger, chopped
2 tsp scallions, chopped
7 tsp sesame oil
5 fl oz (140 ml) water for the filling



Directions:

1. Mix the flour and baking powder with 9 fl oz (250 ml) of water and prepare the dough described in Recipe 170, "Sauteed Dumplings".
2. Mix the pork with the soy sauce and ginger. Gradually add 5 oz (140 ml) of water, 1 1/2 oz at a time, stirring after each addition until the pork becomes a thick paste. Mix in the scallions and sesame oil.
3. Knead the dough and roll into a long roll. Divide it into 30 portions and roll each into a flat circle about 3 inches (7 to 8 cm) in diameter. Divide fillings into 30 portions. Fill with about 1 portion of the pork mixture and seal as in Recipe 171, "Juicy Steamed Dumplings, Kaifeng Style".
4. Place the dumplings in a steamer and steam for 7 minutes. Remove and serve.

Steamed Spareribs

Ingredients:

9 oz (250g) spareribs
2 tsp. fresh ginger, sliced
1 1/2 to 2 tbsp beaten whole egg
2 fennel seeds
4 tsp. (25g) dry cornstarch (cornflour)
7 fl oz (200ml) pork stock
1 tsp. cornstarch dissolved in 2 tsp. water
2 tsp. brine
2 cups (500ml) vegetable oil for deep-frying
1 tbsp soy sauce
1 tbsp scallions, chopped
1/2 tsp. MSG (optional)



Directions:

1. Wash the spareribs and chop into 1 1/2-inch-long (4cm) pieces. Mix the beaten egg and the dry cornstarch into a batter and pour it over the spareribs, blending well. Set aside.
2. Heat the oil in a wok over high heat to about 350oF (175oc), or until a piece of scallion green or ginger sizzles and moves around quickly when dropped into the oil. Add the spareribs, one at a time, and deep-fry until golden. Drain and place in a heat-proof bowl. Add brine, soy sauce, rice wine, MSG (optional). Place the scallions, ginger and fennel seeds on top. Place the bowl in a steamer and steam, replenishing the water as needed, until the ribs very tender. Remove from the heat and discard the fennel seeds, scallions and ginger.
3. Place the spareribs in a pot with the stock and heat over high heat until the liquid has reduced by a third. Stir the dissolved cornstarch to blend, and add to the stock. Cook, stirring, until thickened. Remove and serve.

Steamed Yunnan Ham

Ingredients:

3 lb (1 1/2 kg) Yunnan or cured, uncooked Smithfield ham
3 spring onions, trimmed and sliced
5 slices fresh ginger
1/4 cup (2 fluid ounces) rice wine or dry sherry
2 cups (16 fluid ounces) chicken stock
3 tablespoons finely chopped spring onion
2 tablespoons finely chopped fresh ginger
2 teaspoons Szechuan peppercorns
1 lb (500 g) Chinese celery or cabbage

Seasoning:

1 cup (8 fluid ounces) chicken stock
1/2 teaspoon salt
1 teaspoon sugar
2 teaspoons rice wine or dry sherry

Directions:

Soak the ham overnight or for at least 8 hours. Use a stiff brush to scrape off any black parts and possible mold.

Steam the ham with the sliced green onions and 5 slices of ginger for approximately 1 1/2 hours (at this point the ham should be soft, but not fully cooked. Drain.

Trim the ham, and score the upper side in a criss cross pattern. Place the ham in a large dish along with the chicken stock, the remaining spring onions and ginger, and the Szechuan peppercorns. Steam for about 1 1/2 hours. Reserve about 3/4 cup of the steaming liquid.

Rinse the Chinese celery, and chop it into pieces approximately 2 inches long. Blanch and add the seasoning ingredients. Simmer until the celery is tender. Drain and set aside.

Strain the reserved steaming liquid into a wok and bring to a boil. Adjust the seasoning if necessary, and add a bit of cornstarch and water if desired, stirring to thicken.

Serve the ham scored side upwards, surrounded by the Chinese celery. Pour the liquid over the ham.

Stewed Beef

Ingredients:

1 lb. (500 g) lean boneless beef
1 tsp. Sichuan peppercorns
2 cups oil for deep frying
1/3 oz (10g) stick cinnamon
1 star anise
1 tsp. scallion, chopped
5 fl oz (150 g) soy sauce
2 tsp. ginger, sliced
5 tbsp sugar



Directions:

1. Cut the beef into 1 1/2 inches (35mm) chunks. Deep-fry the beef in very hot oil until browned. Drain and set aside.
2. Tie the peppercorns and star anise in a piece of cheesecloth or place in a tea ball.
3. Place 4 cups (1 litre) water in a pot and add the bag of spices, the soy sauce, sugar, stick cinnamon, scallions, and ginger. Bring the water to a boil over high heat and add the beef . Turn the heat to low and stew for 4 hours, or until the beef is very tender and the sauce has cooked down almost completely, but without scorching.

Stewed Beef Strips

Ingredients:

1 3/4 lb. (750g) lean boneless beef sirloin
5 tsp. rice wine
3 tbsp scallions, chopped in sections
3 cloves star anise
1 tsp. ginger, sliced
1 tbsp cornstarch, dissolved in 1 tbsp water
4 tbsp (60ml) soy sauce
5 tsp. sesame oil
1 tsp. salt, or to taste



Directions:

1. Soak the beef in cool water for 15 minutes. Wash off any blood. Cook in boiling water to cover 10 minutes. Remove, rinse and drain.
2. Place in a pot with 4 cups(1 litre water, half the scallions, and 1/4 tsp. of the sliced ginger. Bring to a boil over high heat and skim off the foam. Cover tightly and reduce the heat to a low simmer. Cook for 2 to 3 hours, replenishing the water if needed. When the beef is fork-tender, drain, reserving the cooking liquid. Let the meat cool enough to be handled, then trim the edges, discarding any fat and membranes. Cut across the grain into slices 3 inches long by 1 inch wide and 1/4 inch thick (8 cm by 3 cm by 5cm).
3. Stack in a heat-proof bowl , and add 2 tbsp of the soy sauce, salt, rice wine, the rest of the scallions and ginger, the star anise, and the reserved cooking liquid. Place the bowl in a steamer and steam for 20minutes. Place the beef in a serving dish and pour the stock into a wok. Heat the stock and add the remaining 2 tbsp of soy sauce. When it comes to a boil, stir the cornstarch-water mixture and add. Cook , stirring, until thickened, and sprinkle with sesame oil. Pour the sauce over the beef and serve.

Stewed Chicken Drumsticks

Ingredients:

5 oz (150oz) chicken drumstick meat
1 tsp. rice wine
3 tbsp scallion oil
5 tsp. soy sauce
7 oz (200ml) high stock
7 tsp. cornstarch (cornflour)
1 tsp. salt, or to taste
1/4 tsp. MSG (optional)



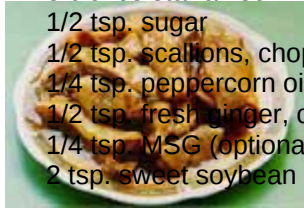
Directions:

1. Make the scallion oil by cooking 2 tbsp chopped scallions in 3 tbsp oil until the scallions becomes fragrant. Discard the scallions and set the oil aside.
2. Cut the drumstick meat into 1 1/2 inch chunks.
3. Pour the stock into a wok and stir in the salt , MSG(optional), rice wine, and soy sauce. Bring to a boil and add the chicken pieces, skin side down. Simmer over medium heat, until the sauce has reduced by about 2/3, and the meat becomes tender.
4. Stir the cornstarch-water mixture and add to the wok. Cook, stirring, until thickened. Pour the scallion oil over all, and serve.

Stewed Mutton Slices

Ingredients:

1 lb. (500g) cooked mutton
2 tsp. soy sauce
4 tbsp (60ml) vegetable oil
2 tsp. salt, or to taste
3 cloves star anise
1/2 tsp. sugar
1/2 tsp. scallions, chopped
1/4 tsp. peppercorn oil
1/2 tsp. fresh ginger, chopper
1/4 tsp. MSG (optional)
2 tsp. sweet soybean paste



Directions:

1. Cut mutton into 2 1/2 inch by 1/4 inch by 1/2 inch (6cm by 3 cm by 5mm) slices.
2. Heat oil in wok over high heat until smoke rises. Add star anise to deep-fry until fragrant. Remove star anise and discard. Add scallions and ginger to stir-fry until fragrant, Stir in sweet bean sauce and stir swiftly until its aroma releases. Add mutton strips, soy sauce, salt, sugar and water to level with the meat. Bring sauce to a boil, skim the foam and cover wok with a lid. Turn the heat to a low simmer, cook until the meat tender. You may consume the excess sauce by boiling over a high fire until the sauce thickens. Add MSG, (optional), Sprinkle with peppercorn oil. Remove and serve.

Stewed Turtle

Ingredients:

1 live soft-shelled turtle about 2 lb. (1 kg)
1/2 tsp. garlic , chopped
1 lb. (500g) boned chicken
5 whole Sichuan peppercorns
3 1/2 oz (100ml)vegetable oil or lard
3 1/2 tbsp soy sauce
1/2 tsp. scallions, chopped
4 cups (1 litre) clear stock
1/2 tsp. fresh ginger, chopped
2 tsp. rice wine



Directions:

1. Cut off the turtle's head and drain off all the blood. Place in a pot of cold water to cover and bring to a boil. Remove the turtle and scrape off the black skin. Remove and hard upper shell and gut . Chop off the claws. Wash the turtle well and chop into 3/4 inch (2cm) squares. Chop the chicken into 3/4 inch (2cm) pieces and blanch briefly in boiling water for 2 minutes.
2. Heat oil or lard in wok over high heat to about 350oF (175oC), or until a piece of scallion green or ginger sizzles and moves around quickly when dropped into the oil. Add the scallions, ginger, garlic, and peppercorns, and stir-fry until fragrant. Add the turtle, chicken, and soy sauce, and stir-fry for 3 minutes. Add the stock, and simmer over low heat for 1 1/2 hours. Then turn the heat to high and bring to a full boil. Skim off the foam and add the rice wine. Remove and serve.

Note: This dish features tender and succulent meat in a subtly-flavoured clear soup.

Stir- fried Baby Bok Choy

Serves 4

Ingredients:

4 bunches baby bok choy (basically, 1 bunch per person)
2 cloves garlic, chopped
1 tablespoon soy sauce
1 teaspoon sugar
1 teaspoon salt
3 tablespoons water
2 teaspoons sesame oil

Directions:

Wash the bok choy and drain. Separate the stalks and leaves. Cut the stalk diagonally and cut the leaves across.
Heat wok and add oil. When oil is ready, add garlic and stir-fry briefly, for about 30 seconds. Add the bok choy, adding the stalks first, and stir-fry on high heat for a minute. Add the water, sugar, and salt. Cover the wok and simmer for a few minutes. Stir in the sesame oil and serve.

Stir-fried Bean Curd with Mushrooms and Oyster Sauce

Yield: Serves 3 - 4

Ingredients:

350 grams (approximately 3/4 of a pound) firm tofu
225 g (1 cup) mushrooms
1 225 mL can (or an 8 ounce can) bamboo shoots
30 mL (2 tablespoons) dark soy sauce
15 mL (1 tablespoon) oyster sauce
5 mL (1 teaspoon) sugar
20 - 25 mL (about 1 1/2 tablespoons) sherry
30 mL (2 tablespoons) peanut oil

Directions:

Prepare the vegetables: slice the mushrooms into quarters. Drain the canned bamboo shoots, running through hot water if desired to get rid of a "tinny" taste. Remove the tofu from the package and drain. Cut the tofu lengthwise through the middle, so that you have two equal pieces about 1-inch thick. Cut into large cubes. In a small bowl, mix together the dark soy, oyster sauce, sugar, and sherry. Heat wok. When wok is ready, add the oil. Add the bamboo shoots and mushrooms, stirring, until they are heated through. Add the tofu and the dark soy/oyster sauce/sugar/sherry mixture. Stir-fry until the ingredients are heated through. Serve hot.

Nutritional Breakdown per serving (based on 4 servings, substituting soy sauce for dark soy sauce): 204 calories (kcal); 14 g Total Fat (22 percent calories from fat); 11 g Protein; 9 g Carbohydrate; 0 mg Cholesterol; 736 mg Sodium; 1g Fiber. At 3 servings the calorie count drops to 153.

Stir-fried Bean Sprouts

Ingredients:

1 cup (8 ounces) mung bean sprouts
1 tablespoon soy sauce
1/2 teaspoon sugar
salt to taste
1 tablespoon vegetable oil for stir-frying
few drops of Sesame oil

Directions:

Wash and drain the bean sprouts, trimming the ends if desired.
Add oil to a wok or heavy skillet. When oil is ready, add the bean sprouts and stir-fry briefly. Add the soy sauce, sugar and salt. Stir-fry another few seconds and add the sesame oil. Serve hot.

Stir- fried Beef with Oyster Sauce

Serves 6 as part of a multicourse meal

Ingredients:

1 pound beef steak, julienne

Marinade:

1/2 teaspoon salt

1/2 tablespoon vegetable oil

2 slices ginger root, chopped

2 1/2 tablespoons oyster sauce

3/4 teaspoon sugar

pepper as desired

Sauce:

1 tablespoon soy sauce

2 tablespoons water

2 tablespoons sherry

4 tablespoons beef stock

2 teaspoons cornstarch

Directions:

1. Cut the beef and rub the pieces with the salt and vegetable oil. Prepare the sauce ingredients and chop the ginger.
2. Heat the wok and add oil. When oil is ready, add the beef, pushing the pieces out so that they cook evenly. Turn once. Stir-fry until the meat changes color. Remove from wok and set aside.
3. Add oil and stir-fry the ginger. Add the oyster sauce and sugar. Make a well in the middle of the wok and add the sauce mixture, stirring to thicken. Add the meat, mix quickly, and serve on a heated dish.

Stir-fried Bitter Melon

Serves 4

Ingredients:

1 pound bitter melon
3 cloves garlic, chopped

Sauce:

2 tablespoons soy sauce
1 tablespoon dry sherry
2 teaspoons sugar
1 teaspoon salt
3 tablespoons water

2 teaspoons sesame oil
Oil for stir-frying

Directions:

Mix together the sauce ingredients and prepare the vegetables. To prepare the bitter melon, cut it in half and remove the seeds, and chop into small pieces. Then blanch the bitter melon by submerging it briefly in boiling water (about 2 minutes). Note: The main purpose of blanching is to reduce the bitter taste. If desired, you can also degorge the bitter melon as you would an eggplant. Drain the bitter melon. Heat the wok and add oil. When the oil is ready, add the garlic and stir-fry briefly on high heat until aromatic. Add the bitter melon and stir-fry on medium heat for about 2 minutes. Add the sauce ingredients and stir-fry on medium-high heat for 1 - 2 more minutes. Add the sesame oil, stirring, and serve.

Stir-fried Broccoli, Hong Kong Style

Serves 3 -4 as part of a multicourse meal

Ingredients:

1 pound broccoli
1 garlic clove
2 thin slices ginger
2 teaspoons sugar
salt to taste
1/4 cup water

Sauce:

1/4 cup water
2 tablespoons oyster sauce
1 tablespoon sherry
1 -2 teaspoons cornstarch

2 tablespoons oil for stir-frying

Directions:

To prepare broccoli, break off the flowerets and then split them into either halves or quarters. Discard any leaves. Peel and slice the stems along the diagonal. Wash and thoroughly drain the sliced broccoli.

Mix sauce ingredients and set aside. Prepare garlic and ginger, crushing and peeling the garlic and finely mincing both.

Heat wok and add 2 tablespoons oil. When oil is ready, add the garlic and ginger, saut 開 ng until brown. Add the broccoli, stir-frying until they turn a brilliant green, then add the sugar and salt. Mix together well, then add the water, cover and cook for about two minutes.

Give the sauce a quick re-stir and add to the wok, pushing the broccoli to the side to make a well in the middle of the wok for the sauce. Stir the sauce with chopsticks until thickened, mix together with the broccoli, and serve hot.

Nutritional Breakdown per serving (based on 3 servings, with 1/2 teaspoon salt to taste): 218 calories (kcal); 14 g Total Fat (22 percent calories from fat); 4 g Protein; 20 g Carbohydrate; 0 mg Cholesterol; 463 mg Sodium; 4g Fiber

Stir-fried Chicken Cubes with Scallions and Peppercorns

Ingredients:

9 oz (250g) boned chicken
1 tbsp soy sauce
1 tsp. roasted Sichuan peppercorns
2 cups (500ml) vegetable oil for deep-frying
1 tsp. scallion sections
1 tsp. ginger, shredded
1 tsp. rice wine
1 tsp. salt water (brine)
1 tsp. scallions, shredded
2 tbsp sesame oil
4 tbsp cornstarch (cornflour)
1/2 tsp. MSG (optional)
1 egg



Directions:

1. Skin the chicken, and cut it into 1/2 inch by 1 inch (13mm by 20mm) cubes. Set aside.
2. Soak the peppercorns in the rice wine until soft, then remove from rice wine and mix with the scallions and chop very finely.
3. Mix the cornstarch, egg, and 1 tsp. of the soy sauce into a thick batter. Add the chicken cubes and stir to coat well.
4. Heat the oil in a wok over high heat to 225oF (110oC), or small bubbles appear around a piece of scallion tossed into the oil . Add the chicken cubes and cook, stirring with chopsticks to separate, for 1 to 1 1/2 minutes, or until the cubes shrink slightly and turn lighter in colour. Remove, drain well, and set aside.
5. Pour the oil out of the wok, leaving only enough to cover the bottom. Reheat over high heat until the oil surface ripples. Then add the scallion-add-peppercorn mixture, the shredded scallions, and the ginger shreds. Splash in the reserved rice wine , salt water, the remaining 2 tsp. of soy sauce, the MSG (optional), and the chicken. Stir-fry about 1 minute, until blended. Remove , sprinkle with the sesame oil, and serve.

Stir-fried Chicken Shreds with Jellyfish

Ingredients:

9 oz (250g) edible dried jellyfish
3 cups (750ml) vegetable oil for deep-frying
1/4 tsp. ginger, chopped
1/4 tsp. scallions, shredded
7 oz (200 g) chicken breast piece
1 tsp. rice wine
1 tbsp lightly beaten egg white
1/4 tsp. salt, or taste
2 tbsp cornstarch (cornflour), dissolved in 2
tbsp water
2 tsp. sesame oil
1/2 tsp. MSG(optional)



Directions:

1. Soak the jellyfish in cold water for 3 hours. Wash and cut into 2 by 1 inch (5cm by 3 cm) pieces . Plunge into boiling water, remove immediately, and drain. Set aside.
2. Skin the chicken and remove any tendons. Cut horizontally into slices about 1 inch (3cm) wide, then stack the slices and cut along the grain into shreds. Mix with the egg white and cornstarch and set aside.
3. Set the wok over high heat. Pour in the oil and heat to 150oF (70oC) warm, and add the chicken immediately. Stir gently until the chicken shreds separate, then remove rapidly. Drain well and set aside.
4. Pour the oil out of the wok, leaving only enough to cover the bottom. Heat the wok until the oil surface ripples. Add the scallions and stir. Add the jellyfish and chicken, then the rice wine, salt. MSG (optional) and ginger. Stir-fry about 30 seconds. Sprinkle with sesame oil, and serve.

Stir-fried Chicken with Mango

(A good example of new-style Chinese cooking which incorporates different fresh fruits as flavorings)

Serves 4

Ingredients:

Chicken and Marinade:

3/4 lb (375 g) boneless, skinless chicken breast, sliced

1 1/2 teaspoons (7 mL) soy sauce

1/4 teaspoon (1 mL) salt

pinch white pepper

1 teaspoon (5 mL) cornstarch

Sauce:

2 teaspoons (10 mL) cider vinegar

1 1/2 teaspoons (7 mL) ketchup

1 1/2 teaspoons (7 mL) sugar

2 tablespoons (25 mL) water

1 star anise

1 tablespoon (15 mL) canola oil

1/2 medium green bell pepper, sliced

1/2 medium red bell pepper, sliced

1 tablespoon (15 mL) grated ginger

1 teaspoon (5 mL) garlic

1 large shallot, chopped

2 large mangoes, [peeled, pitted, thinly sliced](#)

16 toasted pecan halves

2 sprigs cilantro

Directions:

Combine chicken and marinade ingredients and marinate for 30 minutes.

Combine sauce ingredients and set aside.

Break off radial pieces of star anise and discard woody centre. Gently press with knife to crack lightly.

In non-stick skillet or wok, heat oil and star anise over high heat. Add chicken and stir-fry for 3 minutes or until chicken just turns opaque.

Add peppers, ginger, garlic and shallots and stir-fry for 1 minute.

Add sauce ingredients and stir to mix until sauce is slightly thickened, about 1 minute.

Add mangoes and mix gently for 1 minute until heated through.

Garnish with pecans and cilantro and serve.

Each serving (not including toasted pecan halves) includes:

Calories 269, 26 g Carbohydrates, 21 g Protein, 10 g Fat, 1 g Saturated Fat, 50 mg Cholesterol, 4 g Fibre, 330 mg Sodium, 420 mg Potassium. An excellent source of vitamin A, vitamin C, and niacin. A good source of fibre, vitamin E, vitamin B-6 and folacin.

Stir-fried Diced Pork with Peanuts

Ingredients:

10 1/2 oz (300g) lean boneless pork
3 cups (750ml) vegetable oil for deep-frying;
use about 1/4 cup (60ml)
1 tsp. cornstarch (cornflour) dissolved in 1
tsp. water
1/2 tsp. scallions, chopped
2-1/2 tbsp seasoned sauce
1/4 tsp. garlic, chopped
1/2 tsp. soy sauce
1 tsp. rice wine
1/2 tsp. sesame oil
7 oz (200g) skinned peanuts, deep-fried until
golden
a dash of ground Sichuan Peppercorn



Directions:

1. Cut the pork into small cube and mix with 1/2 tsp. of the cornstarch.
2. Mix the seasoned sauce, soy sauce, 1/4 tsp. sesame oil, the rest of the cornstarch and the pepper into a sauce. Set aside.
3. Heat the oil in a wok over high heat to very hot. Deep-fry the pork cubes until cooked, remove and drain.
4. Pour the oil out of the work over high heat to very hot. Deep-fry the pork cubes until cooked, remove and drain.
5. Pour the oil out of the work , leaving only enough to cover the bottom. Reheat to very hot, and add the scallion, garlic , rice wine and peanuts. Stir-fry until blended, and add the pork cubes. Pour in the sauce and stir until thickened. Sprinkened. Sprinkle 1/4 tsp. sesame oil over it , remove and serve.

Stir-fried Eels

Ingredients:

1 lb. (500g) live eel
1 1/2 tsp. sugar
6 tsp. fermented soybeans
1/2 tsp. fresh ginger, sliced
3 1/2 oz (100g) celery or garlic shoots into 1 inch (3cm)
1/2 tsp. garlic, sliced
3 1/2 oz (100ml) vegetable oil
1 scallions, chopped into 1 inch (3cm) sections
5 tsp. rice wine
1 tsp. vinegar
5 tsp. soy sauce
1/4 tsp. ground Sichuan peppercorns



Directions:

1. Cut off the head the tail off the eel. Slit open the belly and remove the entrails. Cut off the meat along the backbone and discard the bone. Cut the meat into 2 inch (5cm) slices.
2. Heat the oil in a wok to 400oF (205oC) , or until a piece of scallion green or ginger browns quickly when tossed into the oil and a haze appears above the surface. Add the eel and stir-fry until barely cooked. Stir in the soybean, celery or garlic shoots, rice wine, soy sauce, sugar, ginger, garlic ,and the sauce is almost completely reduced. Sprinkle with vinegar. Remove, sprinkle with the ground peppercorns, and serve.

Stir-fried Egg Floss

Ingredients:

7 egg yolks 2 cup (500 ml) vegetable oil;
uses about 1/2 cup or 125ml
3 egg whites
1/8 tsp. MSG(optional)
3/4 tsp. salt, or to taste
1/8 tsp. rice wine



Directions:

1. Beat the egg yolks and whites in a bowl and stir in the salt, rice wine, and MSG(optional)
2. Heat the oil in a wok over low heat, to very hot about 350oF(180oC), or until smoke rises. Pour the eggs through a perforated spoon into the oil and deep-fry until yellow . The egg will cook into threads as thin as hair. Remove the egg threads from the oil and drain well. Loosen the egg threads into a light, airy floss, place in a dish, and serve.

Stir-fried Fish Cubes

Ingredients:

10 1/2 oz (300 g) fish filets
1 tsp. salt, or to taste
1 egg white
1 tbsp soy sauce
1 tbsp cornstarch (cornflour) dissolved in 1
tbsp water
1 1/2 tbsp scallions, cut diagonally in 1/2
inch (1cm) sections
2 oz (50g) bamboo shoots(or canned)
2 cloves garlic , sliced
3 1/2 oz (100ml) high stock
4 cups (1,000ml) vegetable oil for deep-
frying
1/4 tsp. rice wine
1 tsp. MSG(optional)



Directions:

1. Cut the fish into 1/2 inch (1 cm) dice. Mix the egg white with 2 tsp. of the dissolved cornstarch and coat the fish . Cut the bamboo shoots into 1/2 inch (1cm) cubes.
2. Mix together the stock, peas, MSG(optional), salt, the other 1 tsp. of the dissolved cornflour, and the rice wine. Set aside.
3. Heat the oil in a wok to about 250oF (120oC), or until small bubbles sizzle around a piece of scallion green or ginger tossed into the oil. Add the fish dice, stirring to keep them separate, and remove immediately.
4. Pour all but 2 tbsp of oil out of the wok. Heat over high heat to very hot, or until the oil surface ripples and a haze appears on the surface of the oil. Add the scallions and garlic , and stir-fry until fragrant. Add the bamboo shoots and stir in the sauce. Add the fish. Stir-fry a few more seconds, remove , and serve.

Stir-fried Fish Fillets

Ginger is frequently used in seafood dishes to help cover the "fishy" odor

Serves 4

Ingredients:

1 pound boneless fish fillets, such as red snapper or cod

Marinade:

1 tablespoon wine

a few drops sesame oil

salt and pepper to taste

1 egg white

1 - 2 teaspoons cornstarch

3 tablespoons cooking oil

1 clove garlic, minced

2 slices ginger, shredded

1 medium onion, sliced

Sauce - mix ingredients together and set aside

1/2 cup water

1 tablespoon oyster sauce

1/4 teaspoon soy sauce

1 - 2 teaspoons cornstarch

Vegetables as desired (celery, bean sprouts, snow peas, mushrooms and/or bok choy are all good choices. Use enough for 4 people)

Directions:

Cut the fish into pieces approximately 1 1/2 inches by 1/2 inch (be sure the pieces aren't too small). Add the marinade ingredients, adding each ingredient separately and the cornstarch last. Mix well and let the fish marinate for 10 minutes.

While fish is marinating, stir-fry any vegetables you would like to serve with it. Place in a dish large enough to include the fish.

Heat wok and add oil. Add the garlic, ginger, and onion and brown until golden. Add the fish fillets, spreading them out in a single layer. Let the fish brown slightly, and then turn gently to the other side, until the fish is firm and white. Remove and place in the dish with the vegetables.

Give the sauce ingredients a quick re-stir, and then bring to a boil in a pot or the wok. Pour over the fish and serve immediately.

Stir-fried Green Peppers

Ingredients:

9 oz (250 g) green peppers
4 tsp vegetable oil
3/4 tsp salt, or to taste
1/4 tsp sugar



Directions:

1. Wash the peppers. Seed, remove the stems and cut into 1/2 inch (1 cm) squares.
2. Heat the oil in a wok over a high fire until the oil surface ripples. Add the peppers and stir-fry until they shrink slightly. Add the salt, sugar, and a little water. Stir-fry for 2 more minutes, and serve.

Stir-fried Hot Diced Pork

Ingredients:

5 oz (150 g) boneless pork loin or shoulder,
with lean and fat
1tsp crushed yellow bean sauce
2 tsp. cornstarch dissolved in 2 tsp. water
1/2 oz (100g) cucumber
1 oz (25g) fresh chili (chilli) peppers, seeded
2 cups(500ml) vegetable oil for deep-frying
(about 4 tbsp/50 ml will be used)
1 tsp. (5g) scallions, minced
1/2 tsp. (3g) ginger, minced
1/4 tsp. salt , or to taste
1 tbsp stock
2tsp rice wine



Directions:

1. Wash the pork and cut it into 1/2 inch (1 cm) cubes. Mix with the crushed yellow bean sauce and the 2/3 of the cornstarch and set aside.
2. Cut the cucumber, chili peppers and scallions into 1/2 inch (1m) pieces. Set aside.
3. Heat the oil in a wok to very hot about 390oF (200oC), or until a piece of scallion or ginger dropped into the oil turns brown quickly and a haze appears above the oil. Deep-fry the pork cubes until barely cooked, stirring the pieces to keep them from sticking together. Remove , drain, and set aside.
4. Pour the oil out of the wok, leaving only enough to cover the bottom, about 5 tsp. Reheat the oil until very hot, add the scallions, ginger, salt, cucumber, chili peppers, and stock, Stir-fry a few seconds, then add the pork cubes and rice wine. Stir-fry several times, then stir 1/3 of the cornstarch-water mixture to blend and add to the wok. Cooking , stirring, until the sauce thickens. Remove and serve.

Stir-fried Lamb Kidney, Liver and Filet

Ingredients:

3 1/2 oz (100 g) lamb kidney
3 1/2 tbsp (50ml) lamb bone stock
3 1/2 oz (100g) lamb liver
2 cups (500ml) vegetable oil for deep-frying ;
uses about 2 1/2 oz (75ml)
3 1/2 oz (100 g) lamb filet
1 tsp. scallions, chopped
5 tsp. dry cornstarch (cornflour)
1 tsp. fresh ginger, chopped
5 tsp. soy sauce
1 tsp. fresh ginger, chopped
5 tsp. rice wine
1/4 tsp. MSG
1 tsp. vinegar



Directions:

1. Skin the kidney and slice it in half. Cut out the white and dark-red parts and cut into 1/8 -inch thin slices. Slice the liver and filet into pieces the same size as the kidney and mix well with the dry cornstarch. Set aside.
2. Mix the soy sauce, rice wine, vinegar, dissolved cornstarch, stock, and MSG into a sauce. Set aside.
3. Heat the oil in a wok to 400oF (205oC), or until a piece of scallion green or ginger browns quickly when tossed into the oil and a haze appears above the surface. Add the meats and stir-fry for 1 to 2 minutes. Remove and drain. Pour the oil out of the wok, leaving only enough to cover the bottom. Reheat and add the scallions and ginger. Stir-fry until fragrant and add the meat slices. Then stir the sauce and add to the wok. Stir-fry about 1 minute, or until the sauce thickens. Remove and serve.

Stir-fried Milk

Ingredients:

3 1/2 oz(100g) shrimps, shelled
2 tsp. (10g) Chinese ham, steamed and diced
3 1/2 oz (100g) chicken livers, diced
1 oz (25g) olive nuts, deep-fried
11 egg whites marinade:
1/4 tsp. salt, or to taste
1/2 egg white
2 tbsp water chestnut flour (substitute cornstarch)
1/4 tsp. salt, or to taste
10 tbsp (150ml) vegetable oil for deep-frying
1/4 tsp. cornstarch (cornflour)
14oz (400ml) milk
1/4 tsp. baking soda
1/4 tsp. MSG



Directions:

1. Beat 11 egg whites. Add salt and water chestnut flour into milk. Stir in egg white and mix well.
2. Mix the shrimps with the marinade and let stand . Cook the chicken liver in boiling water until barely cooked, remove and drain.
3. Heat 4 tbsp of the vegetable oil in a wok over medium heat to 210°F (100°C), or until small bubbles appear around a piece of scallion green or ginger tossed into the oil. Add the shrimps and chicken liver, and fry just long enough to seal in the juices. Remove and drain well.
4. Heat 6 tbsp oil in the wok over low heat to just warm. Gradually add the milk, stirring in only one direction until the milk thickens. Add the shrimps, chicken livers, and ham. Cook , stirring until the milk is cooked. Remove in a dish. Sprinkle with the deep-fried olive nuts, and serve.

Stir-fried Mock Eel

Ingredients:

60 grams (slightly more than 1/4 cup) dried black mushrooms (with large caps if possible, it will look better)
80 grams (slightly more than 1/3 cup) whole bamboo shoots
12 pieces small pak choi (bok choy) or other green vegetables
1/2 carrot (medium sized)
2 tablespoons cornstarch

Seasoning:

1/3 cup water or soaking liquid from mushrooms
1/2 teaspoon sugar
3/4 teaspoon salt
1/2 teaspoon MSG (optional)

Sauce:

1 teaspoon cornstarch
2 tablespoons water
1/2 teaspoon dark soy sauce

1 tablespoon sesame oil

Oil for deep-frying and stir-frying

Directions:

Wash the mushrooms and soak to soften. While the mushrooms are soaking, prepare the other vegetables. Peel the carrot and shred. Rinse the bamboo shoots, cut in half and shred.

Save the soaking liquid from the mushrooms if desired. Remove the mushrooms stalks and squeeze out any excess water. Cut into pieces about 1 centimeter thick. Prepare the seasoning and the sauce ingredients and set aside.

Add 2 tablespoons of cornstarch to the mushrooms and mix well. Heat wok and add oil for deep-frying. When oil is ready, add the mushrooms and fry on high heat until they are crispy.

Clean out the wok. Add water for boiling pak choi and bring to a boil. (You will need to boil them in batches). Add a bit of oil and salt to the water and cook until done. Drain the pak choi. If desired, place the pak choi a baking tray and put in the oven to keep warm, covering with another dish so that it doesn't dry out.

Add 2 tablespoons of oil in wok. When oil is ready, stir-fry the bamboo shoots and carrots on high heat. Add the seasoning, stirring. Give the sauce mixture a quick re-stir and add, stirring gently. Add the mushrooms and sesame oil and mix. Serve hot over the pak choi.

Stir-fried Mung Bean Sprouts with Chives

Ingredients:

9 oz (250 g) mung bean sprouts
2 eggs
2 oz (60 ml) vegetable oil
2 tsp salt, or to taste
2 oz (50 g) chives, washed thoroughly, cut in
1 1/4 inch (3 cm) sections
1/4 MSG



Directions:

1. Wash the bean sprouts well and remove the roots. Drain.
2. Beat the eggs. Heat 1 tbsp oil in a wok, and pour in the egg. Swirl the pan to make a very thin pancake. Cook until dry, then cut into shreds.
3. Heat the remaining 3 tbsp oil in a wok until the oil surface ripples. Add the salt and bean sprouts. Stir-fry for 2 to 3 minutes, or until the bean sprouts change colour. Add the chives and egg shreds. Stir-fry briefly, add the MSG, remove, and serve.

Stir-fried Noodles with Chicken

Ingredients:

1 lb (500 g) flour noodles
10 1/2 oz (300 g) boneless chicken breast, skinned
1 egg white
2 1/2 tbsp cornstarch (cornflour) dissolved in 1 1/4 tbsp water
13 tbsp (200 ml) vegetable oil (or lard)
7 oz (200 g) chives, washed well and cut into 1 inch (3 cm) sections
1 tbsp salt, or to taste
1 cup (200 ml) chicken broth
1/4 tsp MSG



Directions:

1. Shred the chicken breasts. Mix the egg white and the cornstarch-water into a paste and coat the chicken shreds.
2. Heat 4 1/2 tbsp (100 ml) of the oil in a wok to about 212°F (100°C). Add the chicken shreds and cook, stirring, until they turn white. Pour out the oil and set it aside. Mix the chives, MSG, salt, and stock with the chicken and bring to a boil. Drain off and reserve the broth and seasonings. Place the chicken shreds in a bowl.
3. Boil the noodles 3 times, as described in recipes 165 and 166. After the final boiling rinse in cold water and drain well.
4. Heat 4 1/2 tbsp (100 ml) of the oil, including that used earlier, in the wok until the oil surface ripples. Tilt the wok to swirl the oil around. Add the noodles in an even layer. Shallow-fry them, swirling the wok so they cook evenly. Fry until browned on one side, then slide the wok scoop or a spatula under the noodles and turn them over. Sprinkle the other 4 tbsp of oil around the edges and shallow-fry the noodles until browned on the other side. Add the reserved chicken broth. Cover the wok and simmer for 1 minute, or until the noodles absorb the sauce. Toss the noodles with chopsticks or a fork and add the chicken shreds. Stir, remove, and serve.

Stir-fried Pork Cubes with Green Peppers

Ingredients:

4 1/2 oz (125g) boneless pork shoulder
1/4 tsp. scallion, chopped
1 oz (20g) peanuts, skinned and deep-fried
1/4 tsp. ginger powder
1 tsp. salt, or to taste
1/4 tsp. garlic, sliced
6 egg whites
1/2 tsp. sugar
4 tsp. (20g) cornstarch (cornflour)
3 tbsp vegetable oil
3 tbsp meat stock or water
2 oz (50 g) green pepper, seeded and cut
into 1/2 inch (1cm) cubes
1 tsp. rice wine
1/4 tsp. hot chili
1 tsp. soy sauce



Directions:

1. Wash the pork, cut into 1/2-inch (1.5cm) small cubes, and mix with 1/2 tsp. salt. Beat the egg whites and mix with 3tsp of the cornstarch. Add the pork cubes and mix to coat well. Set aside.
2. Mix the stock with the remaining 1 tsp. of cornstarch, 1/2 tsp. salt (or to taste), rice wine, soy sauce, scallions, ginger, garlic, and sugar. Set aside.
3. Heat the oil in a work to moderately hot (230oF or 110oC. Add the pork cubes and stir-fry for about 30 seconds, cooking them just long enough to seal in the juices. Remove , drain, and set aside. Pour out the oil from the work and reheat. Add the green peppers and stir-fry for 30 seconds. Then add the pork cubes. Stir the sauce to blend it, then add to the wok. Add the peanuts and hot chili oil. Bring to a boil and cook, stirring, until thickened. Remove and serve.

Stir-fried Pork in Hoisin Sauce

Serves 4

Ingredients:

2 tablespoons hoisin sauce
2 tablespoons soy sauce
1 tablespoon Chinese rice wine or dry sherry
2 teaspoons oil
1 pound boneless pork, cut in 1/2" cubes
1/2 package frozen peas, thawed
2 tablespoons tree ears, soaked to reconstitute

Directions:

Combine hoisin sauce, soy sauce, and rice wine or sherry.
Heat oil in a wok. Add pork and stir-fry until no longer pink. Add peas and tree ears.
Stir-fry 2 minutes.
Add sauce. Stir-fry 1 minute longer.

Stir-fried Pork Slices with Scallions

Ingredients:

7 oz (200g) lean boneless pork
1 tbsp soy sauce
7 oz (200g) scallions
5 wood ears, reconstituted in hot water
4 tbsp vegetable oil
1/4 tsp. MSG (optional)



Directions:

1. Cut the pork into slices about 1 1/4 inch by 5/8 inch by 1/8 inch (3cm by 16mm by 8 mm). Cut the scallions diagonally into 1 1/4 inch (3 cm) sections.
2. Heat the oil in a wok to very hot, 350oF (180oC). Add the pork slices and stir-fry for 30 seconds.
3. Add the soy sauce, wood ears, MSG(optional), and scallions. Stir-fry for 2 more minutes, remove and serve.

Stir-fried Pork Slivers with Ginger

Ingredients:

4 oz (125g) lean boneless pork
2 tsp. soy sauce
1 oz (25g) pickled ginger (or substitute fresh ginger)
1 1/2 tsp. sugar
1/2 oz (15 g) green pepper
1/2 tsp. salt, or to taste
5 oz (150g) mung bean sprouts
2 tsp. cornstarch (cornflour) dissolved in 1 tbsp water
7 tsp. vegetable oil
1/4 tsp. MSG (optional)
1/4 tsp. rice wine



Directions:

1. Cut the pork into thin slivers about 2 1/2 inches (65mm) long.
2. Rinse the preserved ginger, cut it and the green pepper into shreds about 2 1/2 inches (65mm) long. Remove roots of mung bean sprouts. Wash and drain thoroughly.
3. Heat 4 tsp. of the oil in a wok to very hot. Add the pork slivers and stir-fry until cooked. Add the rice wine, soy sauce, and sugar, and stir several times to blend. Pour into a bowl and set aside.
4. Add the remaining 1/3 tsp. oil to the wok, and reheat to very hot. Add the ginger, green pepper, and mung bean sprouts and stir-fry several times. Return the pork mixture to the wok and stir in the salt and MSG. Stir the cornstarch mixture to blend and pour into the wok. Cook stirring until thickened. Remove and serve.

Stir-fried Pork String with Hot Sauce

Ingredients:

10 ounces pork tenderloin
6 water chestnuts
2 tablespoons dried wood ears
2 teaspoons ginger
1 teaspoon garlic

Marinade:

1 tablespoon soy sauce
1 tablespoon cornstarch
1 tablespoon water

Seasoning Sauce:

1 tablespoon green onion, shredded
1 tablespoon soy sauce
1 tablespoon brown sugar
1 tablespoon hot bean paste
1/2 tablespoon rice wine
1 teaspoon sugar
1 teaspoon cornstarch
1 teaspoon sesame oil
1/4 teaspoon black pepper

Oil for stir-frying

Directions:

Shred the pork: cut the pork into thin slices, then stack them up one on top of the other, and cut across into shreds.

Add the marinade ingredients to the pork and marinate for 15 - 20 minutes. While the pork is marinating, prepare the vegetables. Soak the wood ear in warm water for 15 minutes and cut off the stems. Peel the water chestnuts and cut into thin slices. Chop the garlic and ginger.

Mix together the sauce ingredients.

Heat the wok and add 2 tablespoons oil. When oil is ready, add the shredded pork and stir-fry quickly until done. Remove and set aside.

Clean out the wok and add more oil. When the oil is ready, stir-fry the garlic and ginger until fragrant. Add the wood ears, water chestnuts, and the shredded pork, and mix together.

Give the sauce a quick re-stir. Add the sauce and let it come to a boil. Serve hot.

Stir-fried Pork Tenderloin in Plum Sauce

A flavorful marinade doubles as a sauce in this simple but tasty pork tenderloin recipe. For safety's sake, be sure to bring the reserved marinade to a boil after adding to the stir-fry.

Serves 4

Ingredients:

1 pound boneless pork tenderloin, cut in 1" cubes
1 tablespoon oil
1/4 cup Chinese plum sauce
1/4 cup water
1 or 2 scallions, minced

1 tablespoon cornstarch
1 tablespoon soy sauce
1 tablespoon Chinese rice wine or dry sherry
1 tablespoon brown sugar
1 teaspoon sesame oil
1 clove garlic, minced

Directions:

Combine cornstarch, soy sauce, rice wine, brown sugar, sesame oil, and garlic. Toss with pork. Let marinate 30 minutes.

Heat oil in a wok. Add pork, reserving marinade, and stir-fry until browned.

Add plum sauce, water, and scallions. Bring to a boil, then cover and simmer about 15 minutes, until pork is tender and cooked through.

Add the reserved marinade and bring to a boil, then cook, stirring, until sauce thickens slightly.

Serve with rice.

Stir-fried Shredded Potatoes

Yield: about 4 cups

Ingredients:

1 pound potatoes
1/2 tsp. Sichuan peppercorns, ground or crushed
1 to 2 scallions, minced
3 Tbs. oil

Sauce:

1 Tbs. light soy sauce
1 Tbs. vinegar
2 Tbs. chicken broth
1 tsp. cornstarch
salt to taste.

Directions:

Wash the potatoes. Peel the potatoes only if it is necessary. Cut into thin, matchstick strips and place immediately in cold water, soaking for 15 minutes.

While the potatoes are soaking, mix the sauce ingredients, and prepare the peppercorn and scallions.

Using a large saucepan, bring 6 to 8 cups of water to boil.

Once the potatoes are finished soaking, drain the cold water from them, drop them in the boiling water, and cook for 2 minutes. Drain.

Heat wok. When heated, add the oil. When the oil is ready, add the crushed peppercorns and cook until aromatic. Add the potatoes and scallions and stir-fry for about 2 minutes.

Give the sauce a restir (to loosen the cornstarch) and add it to the wok.

Cook, stirring, until everything is heated through and sauce is bubbling.

NOTES:

Cutting the potatoes with a mandoline or in a food processor makes this job easy.

Don't let the potatoes overcook. You want them to be a bit hard, not soft, or they will break up when stir/fried.

You can toast the peppercorns in a dry pan until they are darkened, ready to smoke, and are aromatic. Grind or crush when cool. Toasting the peppercorns intensifies the flavor.

Stir-fried Shrimp with Lobster Sauce

(People are often surprised to discover that this popular dish doesn't contain lobster at all. The name comes from the fact that one of the ingredients is fermented black beans, which the Cantonese use when preparing Cantonese lobster)

Serves 4 to 6

Ingredients:

lobster sauce

1/2 pound shrimp

1 tablespoon cornstarch

2 teaspoons sherry

2 tablespoons oil

1/2 teaspoon salt

Directions:

Make the lobster sauce first, and keep it warm.

Remove the shells from the shrimp. Devein by cutting a slice down the back of the shrimp and removing the vein. Rinse the shrimp in cold water, drain and place in a bowl.

Mix the cornstarch and sherry, and coat the shrimp with the mixture.

Heat 2 tablespoons of oil in wok, swirling it to coat the sides. When oil is hot (a piece of shrimp will sizzle when dipped in it), add the salt and then the shrimp. Stir-fry until the shrimp changes color and turns pink.

Add the shrimp to the lobster sauce and cook over low heat for 1 to 2 minutes. Serve immediately.

Stir-fried Soy Bean Sprouts

Ingredients:

1 lb (500 g) soy bean sprouts
5 tsp (30 ml) vegetable oil
1 tbsp soy sauce
1 tsp salt, or to taste
1/4 tsp sugar
1/4 MSG (1 g) vinegar



Directions:

1. Wash the sprouts well and remove the roots. Drain.
2. Heat the oil in a wok until the surface ripples. Add the bean sprouts and stir-fry for 2 minutes. Add the soy sauce, salt, and 3 1/2 fl oz (100 ml) water. Cover the wok and simmer for 3 minutes. Uncover and sprinkle with vinegar and sugar. Stir, remove and serve.

Stir-fried Spicy Sweet Potatoes

Serves 4

Ingredients:

3/4 cup chicken broth or water
3 1/2 tablespoons soy sauce
3 tablespoons Chinese rice wine or dry sherry
1 1/2 tablespoons rice vinegar
2 teaspoons sugar
1 teaspoon sesame oil
1/4 teaspoon pepper
Zest of 1 navel orange, cut julienne
1 tablespoon oil
1 1/2 tablespoons minced garlic
1 tablespoon minced ginger
1/2 teaspoon or more Oriental chili paste
1 1/2 pounds (about 4 medium) sweet potatoes, peeled and cut into 1/2 " julienne,
then in 1/2" diagonal lengths
1 1/2 teaspoons cornstarch
2 tablespoons water
1 tablespoon minced scallion greens

Directions:

1. Combine first 7 ingredients for sauce. Set aside. In a small saucepan of boiling water, blanch orange zest 1 1/2 minutes. Drain and pat dry.
2. Heat oil in a wok or large skillet that has a cover. Add orange zest, garlic, ginger, and chili paste and stir-fry until fragrant, about 10 seconds. Add sweet potatoes and stir-fry until coated, about 30 seconds.
3. Re-stir sauce and add to sweet potatoes. Bring to a boil, then cook, covered, over moderate heat until sweet potatoes are tender but not soft, 10 - 12 minutes.
4. Dissolve cornstarch in water and add to sweet potatoes, stirring until thickened. Stir in scallions.

Stir-fried Spinach (Shanghai Style)

Ingredients:

1 lb (500 g) spinach
10 tsp (50 ml) vegetable oil
4 1/2 tsp soy sauce or 2 tsp salt, or to taste
1 1/2 tsp sugar



Directions:

1. Trim the spinach and wash well to remove all sand.
2. Heat 7 tsp of the oil in a wok until the oil surface ripples. Add the spinach and stir-fry for 1 minutes, or until it just starts to wilt. Add the soy sauce, sugar and MSG. Stir in then add the remaining 3 tsp of oil. Stir, remove, and serve.

Stir-fried Spinach with Ginger and Almonds in Miso Dressing

Serves 2 - 4

Ingredients:

2 tablespoons soy sauce
1 tablespoon miso
1 teaspoon rice vinegar
2 pounds fresh spinach, washed, trimmed, and cut in 1"-2" pieces
2 tablespoons sliced almonds
1 tablespoon sesame oil
1/2 teaspoon ground ginger

Directions:

Combine soy sauce, miso, and vinegar until smooth. Set aside.
Heat wok over high heat. Add almonds and stir-fry quickly until fragrant and toasted, about 45 seconds. Remove.
Add sesame oil to wok and heat. Add spinach and ginger and stir-fry until tender, about 3 minutes.
Drizzle with miso dressing and sprinkle with almonds. Serve immediately.

Stuffed Apples

Ingredients:

1 lb (500 g) large apples, of uniform size
3 1/2 oz (100 g) glutinous rice
6 tbsp (85 g) sugar
2 tbsp cornstarch (corn flour) dissolved in 2
tbsp water
1/2 oz (15 g) walnut meat
1/2 oz (15 g) melon seeds, skinned
1/2 oz (15 g) raisins
1/2 oz (15 g) preserved green plum, diced
1/2 oz (15 g) preserved dates, pitted
1/2 oz (15 g) preserved melon strips
1/2 oz (15 g) preserved tangerine, diced
1/2 oz (15 g) preserved apple, diced
1/2 oz (15 g) haw jelly, diced



Directions:

1. Wash the apples and cut off the tops 1 1/4 inches (3 cm) below the stems. These will be the caps. Peel and core the apples.
2. Wash the glutinous rice until the water is clear and drain. Put into a heat-proof bowl. Add 1/2 cup (130 ml) water. Steam for 25 minutes. Mix rice with the walnut meat, melon seeds, raisins, preserved green plums, dates, melon strips, tangerines, apple, and 4 tbsp sugar.
3. Fill the apples and top with the caps. Fasten the caps on with toothpicks. Place in a heat-proof dish and steam for 20 minutes, or until tender.
4. Remove the toothpicks and place the apples in serving dishes.
5. Bring 1 cup of water and the remaining 2 tbsp sugar to a boil in a saucepan. Add the cornstarch, stirring, until slightly thickened. Pour over the apples. Sprinkle with the diced haw jelly, and serve.

Stuffed Green Peppers

Serves 6 - 8

Ingredients:

1/3 pound shrimp, shelled
1/4 cup Chinese rice wine or dry sherry
1 tablespoon cornstarch
10 water chestnuts, chopped
1 scallion, minced
3 green peppers, seeded and cut in 1 1/2 inch squares

Directions:

Marinate shrimp in wine 15 minutes. Drain and chop. Mix with cornstarch, water chestnuts, and scallion. Fill each pepper shell with shrimp mixture, mounding slightly. Arrange on a heatproof plate or steamer tray. Steam over boiling water 10 minutes.

Sun Ya Fried Rice

Serves 4 to 6

Ingredients:

6 tablespoons oil
2 eggs, beaten with 1/2 teaspoon salt
1/2 cup fresh shrimp, shelled, deveined, and washed
1 1/2 teaspoons sherry
4 cups cold cooked rice
1/2 teaspoon salt
1/2 cup cooked chicken, diced
1/4 cup roast pork*
2 dried black mushrooms (soaked in boiling water 20 minutes, stems removed, cooked 20 minutes), diced
2 tablespoons chicken stock
2 tablespoons frozen peas, blanched 1 minute in boiling water and rinsed under cold water

Directions:

1. Heat 2 tablespoons of oil in wok. When very hot, pour in beaten eggs and scramble briskly with spoon. Set aside.
2. Heat 2 tablespoons of oil in wok. Stir-fry shrimp on high heat 30 seconds. Add sherry. Stir-fry 10 seconds. Remove to plate. Set aside.
3. Heat 2 tablespoons of oil in wok. Add rice. Stir constantly over moderate heat, breaking up lumps with spoon. Add salt.
4. Continue stirring until rice becomes hot. Pour in chicken, pork, mushrooms, and scrambled eggs. Stir-fry to mix. Add stock to moisten scrambled ingredients.
5. Add shrimp and eggs. Stir-fry until thoroughly heated and mixed.

*This is a very flexible recipe. You may vary it with leftover turkey, duck, or lobster.

Sweet Almond Sauce

This sauce is served with [Eight Precious Pudding](#)

Ingredients:

3 tablespoons sugar
1 cup water
1 teaspoon almond extract
1 tablespoon cornstarch dissolved in 2 tablespoons water

Directions:

Boil sugar and water. Add almond extract. Thicken with dissolved cornstarch.

Sweet and Sour Chicken

Sweet and sour chicken is a very popular dish and there are several different ways to make it. In this recipe, black rice vinegar heightens the tartness of the sauce. Here is another recipe for Sweet and Sour Chicken with lemon.

Makes 3 - 4 servings of sweet and sour chicken, or 4 - 6 as part of a meal

Ingredients:

1 pound boneless, skinless chicken breasts
3/4 cup baby carrots
1 cucumber
1/2 red bell pepper
1 garlic clove

Marinade:

2 tsp Chinese rice wine or dry sherry
1 tsp cornstarch

Batter:

1 - 2 eggs, lightly beaten
3 TB potato starch*

*Sauce**:*

4 1/2 TB rice vinegar
1 1/2 TB black rice vinegar
3/4 cup water
3 TB tomato paste
4 1/2 TB brown sugar
3/8 tsp chile sauce, or to taste
1 1/2 tsp cornstarch mixed with 6 teaspoons water

3 1/4 cups oil for deep-frying and stir-frying

Directions:

Cut the chicken into 1/2-inch cubes. Marinate in the rice wine or sherry and cornstarch for 30 minutes.

While the chicken is marinating, prepare the vegetables: mince the garlic clove, peel and cut the cucumber into thin slices, and cut the red pepper into cubes. Chop the baby carrots. Bring a large pot of water to boil and blanch the carrots briefly in the boiling water. Drain thoroughly.

In a small saucepan, add the ingredients for the sweet and sour sauce and bring to a boil. Turn the heat to low and keep warm.

To deep-fry the chicken: Preheat 3 cups of oil to 350 - 375 degrees Fahrenheit. While waiting for the oil to heat, brush the chicken cubes with the beaten egg and dip in the potato starch to cover. Deep-fry the dredged chicken pieces in batches, being careful not to overcrowd the wok. Deep-fry for 3 - 4 minutes until the chicken turns golden brown. Drain on paper towels.

To deep-fry the chicken a second time if desired: bring the oil temperature up to 400 degrees Fahrenheit. Deep-fry the chicken in batches, very briefly for less than a minute, until the chicken turns brown. Drain on paper towels.

Drain all but 2 tablespoons oil from the wok. When oil is hot, add the garlic and stir-fry briefly until aromatic. Add the carrots. Stir-fry for about 1 minute, then add the red peppers. Add the cucumber or save to use as a garnish. Bring the sauce back up to a boil and add to the wok, mixing with the vegetables. Add the chicken. Heat through and serve over rice. Garnish with the cucumber if desired.

*Cornstarch can be substituted for the potato starch

**This recipe is designed to make extra sauce for mixing in with the rice. It can easily be adjusted either up or down depending on how much sauce you want - just be sure to keep the proportions constant. For 3/4 lb of chicken, reduce quantities by 1/3 - ie. use 3 TB rice vinegar, 1 TB black rice vinegar, 1/2 cup water, 2 TB tomato paste, etc.

Sweet and Sour Fish

Serves 4 to 6

Ingredients:

1 lb whole fish or fish fillets, such as cod, haddock, or sea bass
4 ounces carrots
4 ounces peas
4 ounce mangetout (snow peas), trimmed, or 1 green pepper
4 ounces cornstarch (cornflour)

Sauce:

2 tablespoons green onions, chopped diagonally
1 tablespoon ginger, finely chopped
10 fluid ounces (300 ml) chicken stock
1 tablespoon light soy sauce
2 tablespoons dry sherry or rice wine
1 1/2 tablespoons tomato paste
2 tablespoons cider vinegar or Chinese white rice vinegar
2 tablespoons sugar
2 teaspoons cornstarch blended with 2 teaspoons water

2 - 4 cups oil for deep-frying

Directions:

Clean and gut the fish (if using a whole fish), and remove the skin from the fish fillets. Make criss-cross marks across the top of the fish or the fillet, being careful not to cut right through the fish.

Bring a pot of water to boil. While waiting for the water to boil, mix the sauce ingredients. Blanch the carrots, peas, and snow peas, plunging them in the boiling water for about 4 minutes, then plunge into cold water and drain. Add the vegetables back to the pot along with the sauce ingredients. Bring to a simmer (between about 140 - 185 degrees Fahrenheit) and then remove from heat.

Deep-frying: Heat wok and add 2 to 4 cups oil to the wok. While oil is heating, coat the fish with cornstarch, shaking off any extra. Deep-fry the fish until it is brown and crispy. Either drain on paper towels, or place on a tempura rack to drain and then place on paper towels.

Re-heat the sauce/vegetable mix, bringing it back to a simmer. Serve the fish on a warm plate, covered with the sauce.

Sweet and Sour Fish Sauce

(Sweet and Sour fish sauce is as ubiquitous in Vietnamese cuisine as salt is in Western cuisine)

Serves 4

Ingredients:

2 garlic cloves, finely minced
3 tablespoons sugar
2 tablespoons lime or lemon juice
1/2 cup warm water
6 tablespoons fish sauce
1/2 teaspoon ground red chili pepper (optional)

Directions:

In a small bowl, mix garlic, sugar, citrus juice, water and fish sauce until the sugar is completely dissolved. Stir in ground red chile pepper, if you like a little "hot."

Sweet and Sour Pork

Serves 3 to 4

Ingredients:

1 1/2 lbs. pork tenderloin, cut into 1" cubes

Marinade:

1/2 tsp. baking soda

1 tsp. salt

1 tsp. sugar

2 tbsp. water

1 egg

6 green onions, chopped

1 large onion, cut into chunks

1 red pepper, chopped

2 tomatoes, quartered

1 cucumber, seeded and cut into 1" chunks

Sauce:

2 1/4 tsp. salt

1 tsp. sesame oil

8 tbsp. sugar

8 tbsp. ketchup

1 tbsp. worcestershire sauce

1 tbsp. sweet chili sauce

3 tbsp. white vinegar

1 1/4 cups water

1 tbsp. cornstarch

1/3 cup water

Directions:

1. Combine marinade ingredients.
2. Add meat to marinade and set aside.
3. Prepare vegetables and set aside.
4. Heat wok and add 1 cup of oil.
5. Toss meat in cornstarch. Fry meat for 5 minutes until golden brown.
6. When finished frying, rinse out wok and add 2 tbsp. oil. Fry vegetables for 1 minute, then remove.
7. Combine sauce ingredients. Add to wok and bring to a boil.
8. Combine water and cornstarch to make a thin paste. Add to sauce. When boiling, add in vegetables, then add in meat. Serve.

Sweet and Sour Pork (American-style)

(In this recipe sweet and sour pork is prepared American-style with more batter and deep-fried twice for extra crispiness)

Serves 4 – 6

Ingredients:

1/2 cup carrots, peeled and sliced
1 small green bell pepper, seeded, cored, and cut into 1-inch cubes (1/2 cup)
1/2 cup canned pineapple chunks, well drained
1/2 cup all purpose flour
1/4 cup cornstarch plus 3 1/2 tablespoons dissolved in 1/3 cup water
1/2 teaspoon baking powder
1 tablespoon beaten egg plus enough water to make 1/2 cup
1 teaspoon canola, corn, or peanut oil
About 1/2 pound lean boneless pork chops, cut into 1-inch or smaller cubes (about 1 cup)
1 teaspoon dry sherry
1/4 teaspoon salt
Dash black pepper

Sauce:

3/4 cup sugar
1/3 cup ketchup
1 tablespoon light soy sauce
1/4 teaspoon salt
2/3 cup water
1/2 cup cider vinegar

Oil for deep-frying (pork is deep-fried twice)

Directions:

In a small saucepan of boiling water, parboil the carrots for 1 minute. Add the green pepper to the same water. As soon as it comes back to a boil, drain the vegetables and rinse in cold water to stop cooking. Add the pineapple to the vegetables and set aside.

Combine the flour, 1/4 cup cornstarch, baking powder, egg mixture, and oil in a mixing bowl and beat with a wooden spoon until the mixture is a smooth paste. Set aside.

In another bowl, stir the pork, sherry, salt, and pepper together. Set aside.

In a wok or stir-fry pan, heat 2 inches of oil to a temperature of 375 to 400 degrees Fahrenheit. Dip the marinated cubes of pork into the batter to coat completely.

Carefully drop the pork into the hot oil, 1 piece at a time. Deep-fry until light golden brown. Remove with a wire skimmer, spread out on paper towels, and let cool.

Reserve the oil in the pan. (You may deep-fry the pork to this point in advance and keep it in the refrigerator for a few days or in the freezer. The oil may be strained and kept for a day or two; otherwise use fresh oil for the second frying.)

Make the sweet and sour sauce only when ready to proceed with the second frying. Combine the sugar, ketchup, soy sauce, salt, and water in a 2 quart saucepan. Bring to a boil and add the vinegar. When the liquid comes back to a boil, stir in the cornstarch solution. Cook until the sauce thickens. Add the parboiled vegetables and the pineapple to the sauce, then add 1 tablespoon of hot oil from the deep-fry pan to give the sauce a shine.

While preparing the sauce, reheat the deep-fry oil to 400 degrees Fahrenheit for a second frying. Add all the pork to the oil and fry until the pieces are heated and crisped. (Frozen or refrigerated pork should be brought to room temperature before being cooked). Remove with a wire skimmer and drain on paper towels. (If not ready to serve the dish immediately, you can keep the sauce warm on the stove and the pork warm in a 325 degrees Fahrenheit oven for 10 minutes, no longer. Put together just before serving.)

Put the pork in a deep plate and pour the sweet and sour sauce over. Serve immediately.

Sweet And Sour Prawns

Ingredients:

- 1 lb fresh peeled prawns
- 2 tblsp tomato ketchup
- 1 tblsp sambal oelek (meshed hot chilies)
- pinch of MSG (monosodium glutamate) (OPTIONAL)
- 1 tblsp sugar
- 1 1/2 rice wine
- 1 tblsp cornstarch stirred in 2 tblsp water
- 1 clove garlic
- 1 1/2 tblsp fresh ginger
- 3 oz scallions

Marinade:

- 1 egg white
- 3 tblsp cornstarch
- 1/2 tsp salt
- 3 tblsp water
- 5 tblsp oil

Directions:

Marinate prawns for 20 minutes in egg white, cornstarch, salt, water and oil.

Mix together the tomato ketchup, sambal oelek, MSG, sugar, rice wine and cornstarch. Peel garlic and ingwer and chop finely. Also chop scallions finely.

Heat 3/4 litres oil in a pan or wok and fry half of the prawns. Take them out of the pan after 45 seconds and drain them. In another pan or wok put 5 tablespoons of oil and fry garly and ginger for 30 seconds. Add prawns and fry while stirring constantly.

Add prepared sauce and fry for 1 minute. Add chopped scallions and 2 tablespoons oil.

Sweet and Sour Sauce (with brown sugar)

A quick and easy recipe that can be poured over a dish or used as a dipping sauce.

Ingredients:

1/3 cup white vinegar
4 TB brown sugar
1 TB ketchup
1 tsp soy sauce

Mixture:

2 teaspoons cornstarch mixed with 4 teaspoons water

Directions:

Mix the vinegar, brown sugar, ketchup, and soy sauce together and bring to a boil in a small pot. Mix together the cornstarch and water, add to the other ingredients and stir to thicken.

(If desired, you can add 1 green pepper, cut into chunks, and pineapple chunks as desired after adding the cornstarch. For a thicker sauce increase the cornstarch to 4 teaspoons while keeping the water constant.)

Sweet Sour Sauce (with black rice vinegar)

This flavorful sweet sour sauce uses both white and black rice vinegar.

Yields: Approximately 1 1/4 cups

Ingredients:

- 4 1/2 TB rice vinegar
- 1 1/2 TB black rice vinegar
- 3/4 cup water
- 3 TB tomato paste
- 4 1/2 TB brown sugar
- 3/8 tsp chile sauce, or to taste
- 1 1/2 tsp cornstarch mixed with 6 teaspoons water

Directions:

Bring all the ingredients except the cornstarch slurry to a boil. Give the cornstarch/water a quick restir and add, stirring quickly to thicken. Use with chicken, pork, or spareribs. To thicken sweet sour sauce for use as a dipping sauce, increase the amount of cornstarch to 3 teaspoons.

Sweet and Sour Sauce (with Worcestershire sauce)

Ingredients:

1 cup white vinegar
1/3 cup sugar
1 tablespoon ketchup
1 tablespoon vegetarian Worcestershire Sauce
1/4 teaspoon salt
1/4 teaspoon M.S.G. (optional)

Directions:

Combine the ingredients and bring to a boil, stirring.

Note: This recipe is designed for use with Vegetarian Sweet and Sour Spareribs, which already has cornstarch and water added as a thickener. If you are preparing this recipe as a dip, add a cornstarch/water mixture as desired to thicken.

If you are not preparing this for a vegetarian dish, you can use regular Worcestershire Sauce.

Sweet and Sour Sauce Pineapple Chicken

Serves 3 - 4

Ingredients:

1 frying chicken (or 6 thighs)
1 can pineapple slices (reserve the juice)

*For variety, try using 1/2 green pepper and 1/2 red pepper instead.

Marinade for Chicken:

1 tablespoon Oyster Sauce
1 tablespoon Soy Sauce
1 teaspoon salt
Pepper to taste

Batter:

1 1/2 cups flour
1/2 teaspoon salt
1 teaspoon baking powder
1/4 teaspoon baking soda
1 teaspoon sugar
1/4 cup vegetable oil
1 1/2 cups water (approximately)
1/2 teaspoon diced green onion

Sweet and Sour Sauce:

Add juice from the canned pineapple to 3 tablespoons vinegar (regular or rice vinegar) and water to make 1 cup
1 green pepper
1 carrot
2 - 3 tablespoons brown sugar
2 tablespoons cornstarch mixed with water

2 - 4 cups oil for deep-frying

Directions:

De-bone the chicken, and cut into small bite-sized pieces. Add the marinade ingredients to the chicken, mixing with chopsticks. Add the cornstarch and marinate the chicken for about 15 minutes.

While the chicken is marinating, prepare the vegetables and mix together the ingredients. Cut the carrot into thin slices. Core and seed the green pepper, and cut into chunks or as desired. Set aside.

For the batter: mix the baking powder and baking soda together well, and add to the other dry ingredients. Mix well. Add the oil gradually. Add 1 cup water, then more if needed. Mix well, and add the diced green onion. Mix the chicken in the batter until it is well coated.

Deep-fry Chicken: Heat oil on high heat in wok. Test the oil with chopsticks - when bubbles form around the chopsticks the oil is ready. (It should be about 375 degrees). Deep-fry the chicken. While the process is very quick, the chicken should not turn brown immediately - if it does the oil is too hot. Place the deep-fried chicken pieces on a tray lined with paper towels (do not cover).

For the sauce: Melt brown sugar in a heavy saucepan on high heat, stirring rapidly, until it is brown but not burnt. Add the juice mixture, and salt to taste. Bring to boil until brown sugar is melted (it will harden temporarily after the juice mixture is added). Add the carrot, green pepper, and pineapple. Bring to boil again and thicken with cornstarch mixture, stirring. Check the sauce one more time and adjust seasonings, adding salt and/or vinegar if desired. Serve hot over the chicken.

Sweet and Sour Shredded Lotus Roots

Ingredients:

1 lb (500 g) lotus roots
1 tbsp vegetable oil
5 whole Sichuan peppercorns
1 tsp soy sauce
1 tbsp vinegar
1 tbsp sugar
1 tsp cornstarch (cornflour) dissolved in 1 tsp water



Directions:

1. Peel, wash, and shred the lotus roots.
2. Heat the oil in a wok until the oil surface ripples. Roast the peppercorns until brown, then discard. Add the lotus roots shreds and stir-fry 1 minute. Add the soy sauce, vinegar, sugar, and cornstarch mixture. Cook, stirring, until thickened. Remove and serve.

Sweet and Sour Spareribs

Ingredients:

- 1 1/2 lb. (750g) spareribs
- 1 tbsp soy sauce
- 1 tsp. rice wine
- 1 tbsp rice vinegar
- 1/4 tsp. salt , or to taste
- 2 tbsp sugar
- 2 tsp. flour
- 2 cups (500ml) vegetable oil
- 3 tsp. dry cornstarch (cornflour)



Directions:

1. Chop the spareribs into pieces, 1/2 inch wide by 3/4 inch long (13mm by 20mm) . Mix with the rice wine and salt. Mix the cornstarch with 1 tbsp water to make a slurry, and pour over the ribs. Stir to coat well.
2. Mix together the soy sauce, rice vinegar, sugar , flour and 4 oz (120 ml) of water to make a sauce. Set aside.
3. Heat the oil in a wok over medium heat to about 230oF (110oc), or until small bubbles appear around a piece of scallion green or ginger tossed into the oil. Add the spareribs and deep-fry until crisp, stirring to keep them from sticking together. Remove and drain well.
4. Reheat the oil to 375oF (190oC), or until a piece of scallion green or ginger sizzles noisily and quickly turns brown. Deep-fry the spareribs until brown golden. Remove and drain. Pour the oil out of the wok. Stir the sauce to blend and pour it into the wok, cook, stirring, until thickened. Add the spareribs and stir until they are covered with sauce. Remove and serve.

Sweet and Sour Vegetables

Serves 3 - 4, as part of a meal

Ingredients:

2 1/4 cups (approximately) frozen Oriental vegetables
1/4 cup pineapple chunks (reserve the juice)

Sauce:

3 tablespoons brown sugar
1 tablespoon rice vinegar
1/8 to 1/4 teaspoon salt
1/2 cup pineapple juice
1 tablespoon cornstarch

Directions:

Mix together the sauce ingredients in a small bowl.
Heat the wok and add oil. When oil is ready, add the frozen vegetables. Stir-fry until tender but not overcooked. Add pineapple chunks and sauce, giving sauce a quick re-stir. Cook until thickened and serve hot.

Sweetened Dough Twists

Ingredients:

4 1/2 cups (500 g) flour, sifted
5 tbsp brown sugar
2 eggs
10 1/2 oz (300 ml) vegetable oil



Directions:

1. Mix the flour with 9 oz (250 ml) of water to make a dough.
2. Dissolve the sugar in a little water. Beat the eggs and mix with the sugar. Stir into dough. Knead the batter until smooth and elastic. Turn onto greased surface and roll into a long roll and cut into 10 round pieces. Roll each piece into a small strip. Fold each strip double and twist into a yarn-like stick.
3. Heat the oil in a wok to about 230o(110o). Deep-fry the dough twists slowly until dark brown and crisp. Remove, drain well, and serve.

Sweet Marinated Lotus Roots

Ingredients:

14 oz (400 g) fresh lotus roots
7 tbsp (100 g) granulated sugar
1/4 tsp green preserved plum, shredded
(substitute candied green cherry)
1/4 tsp red preserved plum, shredded
(substitute candied red cherry)



Directions:

1. Wash and peel the lotus roots. Remove the joints and cut into 1/4 inch (1/2 cm) slices.
2. Blanch in boiling water for 1 minute, rinse under cold water and drain well. Place on a serving dish and sprinkle with the sugar and the preserved plums or cherries.

Note: This easily-prepared dish of crunchy lotus roots is a popular summer refreshment.

Sweet Potatoes in Syrup

Ingredients:

1 lb (500 g) sweet potatoes
2 cups (500 ml) vegetable oil for deep-frying;
use about 3 1/2 oz (100 ml)
5/8 cup or 10 1/2 tbsp (150 g) sugar
2 tbsp (50 g) honey
2 tbsp cornstarch (corn flour), dissolved in 2
tbsp water
2 oz (50 g) haw jelly, diced



Directions:

1. Wash and peel the sweet potatoes. Cut into 2 1/2 by 3/4 inch by 3/4 inch (6 cm by 2 cm by 2 cm) strips.
2. Heat the oil in a wok to 350°F (175°C), or until a 1-inch (25 mm) cube of day-old bread browns in 1 minute when dropped into the oil. Add the sweet potatoes, and deep-fry until brown.
3. Pour out the oil and add 9 oz (250 ml) of water to the wok. Add the sugar and cook, stirring, until it dissolves. Then add the honey and cornstarch. Cook, stirring, until thickened. Add the sweet potatoes and stir so each piece is coated with the syrup. Place on a plate, sprinkle with the haw jelly, and serve.

Sweet Red Bean Paste Pancakes

(A sweet that is very much like a crepe)

Approximately 6 servings

Ingredients:

4 eggs

1 cup flour

1 can sweet red bean paste (Available at Asian markets)

1 cup cold water

Oil for deep-frying

Directions:

In a large bowl, beat the eggs. Add the flour and the cold water and mix together well. The texture should be just like flour batter.

Heat a flat frying pan and rub on a bit of oil. Pour in about 1/4 of the flour batter. Tilt the frying pan, letting the batter flow till there is pancake that is about 6 inches around and quite thin. Cook the pancake briefly (for a few seconds) on low heat. Remove the pancake from the pan but do not flip it over.

Place the pancake on a board. Add approximately 1/4 of the sweet bean paste in the centre of the pancake. Spread the paste out until it is the length of the pancake (6 inches) and about 2 inches wide. Fold up the bottom edge of the pancake, then fold the left and right sides toward the centre, making an envelope. Brush the outer edge of the pancake with the remaining flour batter and fold down, making sure it sticks together well.

Heat wok and add oil. When oil is ready, add the pancake and deep-fry until it is crispy and golden (from 2 - 3 minutes).

Remove from the wok, cut into about 6 pieces, and serve hot.

Sweet Soybean Milk

This popular northern Chinese dish is often eaten for breakfast with deep-fried crullers, and forms the basis of Salted Soybean Milk Soup.

Serves 6

Ingredients:

2/3 pound soybeans

2 cups sugar

Directions:

Rinse the soybeans until the water runs clear. Put the beans in a pot and add water. (The water should be three times the amount of the soybeans).

Soak the beans until they expand to 2 or 2 1/2 times. In hot weather, soak the beans for 6 to 8 hours; in cold weather, soak the beans for 12 - 14 hours.

Drain the beans and discard the soaking water. Add 7 more cups of water. Blend the beans and water in several batches until the beans are finely blended.

Place the beans and 8 cups water in a cheesecloth bag; squeeze out the liquid.

Retain the liquid and discard the sediment left in the cheesecloth bag.

Bring the retained soybean liquid to a boil over medium heat. Turn the heat to low and cook for 10 minutes to remove the strong taste from the beans. Add sugar to the soybean milk and serve.

Syrup-Coated Peanuts

Ingredients:

1 lb (500 g) peanuts
10 tsp (50 g) cornflour
5/8 cup (150 g) granulated sugar



Directions:

1. Heat the peanuts in a wok or pan. Dry-fry them until very crisp. Set aside.
2. Heat the sugar and 3 1/2 oz (100 ml) warm water in a wok, stirring until the sugar dissolves. Continue to stir until the thin syrup bubbles. Stir in the peanuts. Gradually add the cornflour until the peanuts are well-coated with the syrup. Remove, let cool slightly, and serve.

Szechuan Chicken

Serves 3 to 4

Ingredients:

3 - 4 chicken breasts, skinned and boned
2 egg whites
2 tablespoons cornstarch

Sauce:

2 tablespoons sherry cooking wine
1 tablespoon barbeque sauce
2 tablespoons sesame oil
1 tablespoon soy sauce
2 tablespoon brown sugar
1/4 teaspoon cayenne pepper
1/2 - 1 teaspoon crushed dried chilies
1 tablespoon ginger, minced

4 carrots, cut into thin strips
3 green onions, chopped
1/2 red pepper, sliced
1/2 green pepper, sliced

Directions:

1. Partially freeze chicken breasts. Cut into strips.
2. Combine sauce ingredients and set aside.
3. Mix together egg whites and cornstarch.
4. Coat chicken in cornstarch mixture.
5. Heat wok. Fry chicken strips in oil until they turn white.
6. Add 1 tablespoon oil to wok. Add vegetables and stir-fry for 30 seconds.
7. Add sauce to vegetables.
8. When boiling, add chicken.
9. Stir-fry 1 to 2 minutes. Serve with rice.

Szechuan Guacamole

Makes about 1 cup

Ingredients:

- 1 large ripe avocado, pitted and peeled
- 1 clove garlic, minced or pressed
- 1/2 teaspoon minced ginger
- 1/4 teaspoon five-spice powder
- 1/4 to 1/2 teaspoon Sichuan hot bean sauce or Oriental chili paste
- 1/2 teaspoon sesame oil
- 1/2 teaspoon soy sauce
- 1 teaspoon lemon juice
- 2 tablespoons chopped cilantro
- salt
- 1 teaspoon sesame seeds, toasted
- 2 tablespoons diced tomato or red bell pepper
- 2 tablespoons finely chopped red onion

Directions:

Place peeled avocado on a rimmed plate with garlic, ginger, five-spice powder, hot bean sauce, sesame oil, soy sauce, lemon juice, and cilantro. Coarsely mash avocado with a fork or potato masher, incorporating seasonings. Add salt to taste. Serve with shrimp chips.

Szechuan Noodles

Serves 3 to 4

Ingredients:

1 pound fresh noodles (Shanghai thin noodles are good)
1/2 pound chicken breast, cut into strips
4 ounces shrimp, shelled and cleaned
1/2 bok choy, cut into bite-size pieces
1/2 cup carrot, cut on the diagonal
1/2 cup broccoli or cauliflower, trimmed, cut on the diagonal into 1-inch pieces
1 onion, shredded
1 clove garlic, minced
1 tablespoon light soy sauce
2 tablespoons hot bean sauce
1/2 teaspoon salt
5 tablespoons cooking oil for stir-frying

Marinade:

1 teaspoon wine
1 teaspoon light soy sauce
1 teaspoon cornstarch

Sauce:

1/2 cup stock
1 teaspoon light soy sauce
1 tablespoon chili oil
1 teaspoon sugar
1 teaspoon sesame oil
2 teaspoons cornstarch

Directions:

Mix together marinade ingredients. Marinate chicken for at least twenty minutes. While marinating chicken, mix together sauce ingredients. Set aside. Also while marinating chicken, parboil noodles in a pot of boiling water for three minutes. Loosen up noodles with chopsticks as they are boiling. Drain. Heat wok. When heated, add 1 tablespoon of oil. Add garlic and chicken and stir-fry. When the chicken is nearly done, push the chicken up to the side of the wok and add the shrimp in the middle of the wok. Stir-fry. When the shrimp are done, mix the chicken and shrimp and remove from the wok to a platter. Reheat the wok and add 1 tablespoon of oil. Add onions, bok choy, carrot and broccoli and stir-fry until tender and crisp. Sprinkle 1/2 teaspoon of salt over the vegetables and mix it in. Remove the vegetables to a platter. Clean out the wok with a paper towel. Heat wok again and add 3 tablespoons oil. Place noodles in the wok, using chopsticks to break them up. Add 2 tablespoons hot bean sauce and 1 tablespoon light soy sauce. Stir-fry until the noodles are heated through. Add cooked chicken, shrimp and all the vegetables. Restir sauce mixture and add. When it comes to a boil, test and adjust the seasoning if desired, then remove and serve.

Szechuan Pepper Oil

Ingredients:

1/2 cup sesame oil
1/2 cup peanut oil
2 - 3 red chili peppers

Directions:

Heat oil in wok until moderately hot. Add chili peppers and cook over medium or low heat until the oil becomes red.
Cool and store in covered jar in the refrigerator.

Note: Use as seasoning or dip.

Szechuan Pickle

Ingredients:

2 tablespoons Szechuan peppercorn
3 tablespoons salt
8 cups boiling water
2 tablespoons wine
5 slices ginger
5 hot red peppers
1 turnip
1/2 carrot
1/2 pound cabbage
3 small cucumbers

Directions:

Clean and wipe dry a large mouth bottle or crock. Place the peppercorn and the salt in the bottle and pour in the boiling water. Allow to cool. Add the wine, ginger, and hot pepper (cut into small pieces). Mix well. This will be the brine of the Szechuan pickle. Cut the turnip, carrot, and cucumber into small pieces approximately the size of a small finger. Do not peel. Add them to the brine.

Tear the cabbage leaves into small pieces with your fingers. Wipe the cabbage dry and add to the brine. Mix with the other vegetables. Cover with a close fitting lid, and allow to soak for about three days.

This brine may be used many times, but as you add new vegetables be sure to also add two teaspoons of salt and two teaspoons of wine.

(Note: It is important to use clean utensils to prevent a scum from forming in the crock

Szechuan Style Squid

(Larger-sized squid tubes with thick walls are best suited to this dish)

Serves 6

Ingredients:

500 g/1 lb squid
1/2 teaspoon salt
1 egg white, slightly beaten
2 tablespoons cornflour (cornstarch)
1 red capsicum
4 spring onions (scallions)
1 teaspoon finely chopped garlic
1 teaspoon finely chopped ginger
1 tablespoon bottled chilli radish
6 tablespoons chicken stock
1/2 teaspoon oriental sesame oil

2 - 4 cups peanut oil for deep-frying
1 tablespoon peanut oil for stir-frying

Directions:

1. Prepare squid, scoring the flesh and cutting into pieces. Season with salt, pour over the egg white, oil and 1 1/2 tablespoons of the cornflour and mix well.
2. Cover and chill for about 30 minutes. Cut capsicum and spring onions into bite-sized strips.
3. Heat peanut oil and when moderately hot drop in the squid, stirring to keep pieces separate. In less than a minute they will curl and become white. Either scoop out the squid with a large wire spoon, or pour contents of wok through a metal strainer over a metal bowl.
4. Return wok to heat and in the film of oil that remains stir fry garlic, ginger, capsicum and spring onions for 1 minute.
5. Add chilli radish and toss, then add stock and bring to the boil. Thicken with remaining cornflour mixed with 2 tablespoons cold water.
6. Stir in squid and sesame oil, toss well and serve immediately with steamed rice.

Tangerine Duff

Ingredients:

3 tangerines
5 tsp cornstarch (corn flour) dissolved in 5
tsp water
7 tsp (100 g) sugar
2 oz (50 g) haw jelly, diced



Directions:

1. Peel the tangerines and divide into sections. Remove the strings and seeds and cut into 1/2 inch (1 cm) dice. Set aside.
2. Pour 5 cups (1,250 ml) of water into a saucepan. Add the sugar and bring to a boil. Skim off the foam. Add the cornstarch and cook, stirring, until slightly thickened. Stir in the tangerines. Pour into individual bowls and sprinkle with the diced haw jelly.

Tea Eggs

Makes 6 Tea Eggs

Ingredients:

6 eggs
2 star anise
4 tablespoons black tea
1 teaspoon salt
2 tablespoons soy sauce
water to boil eggs
1 cinnamon stick (optional)

Directions:

1. Place the eggs in a pan and cover with cold water. Bring the water to a boil and allow the eggs to simmer uncovered for 20 minutes. Place the eggs under cold running water to cool. Don't drain the water in the pan.
2. Using the back of a heavy spoon, make a series of cracks all over the eggshells, making sure the shell remains intact. (Don't worry if the shell does come off - it just means that egg will have a darker color than the others).
3. Bring the water in the pan back to a boil. Mix in the other ingredients, and then add the eggs. Simmer, stirring occasionally, for at least an hour, preferably longer. Let the eggs remain in the juice until they are served.

May be prepared in advance, and may be frozen.

Tender-fried Fish Slices

Ingredients:

3 1/2 oz(100 g) fish filet, skinned and boned
1/2 tsp. salt
1 egg white
1/2 tsp. scallion sections
2 tsp. cornstarch
1/2 tsp. garlic mash
1/2 tsp. rice wine
4 tbsp vegetable oil



Directions:

1. Wash the fish and dry well and cut into slices. Mix the egg white, cornstarch, and salt into a batter . Coat the fish slices with the batter.
2. Heat the oil to very hot. Add the fish and stir-fry until cooked. Remove and drain.
3. Reheat the wok, add the scallions and garlic and fry until fragrant. Add the fish and sprinkle with the rice wine. Add the rest of the batter. Tip the wok to swirl the mass. Turn mass over and remove.

Tender Stewed Beef

Ingredients:

10 1/2 oz(300g) beef shank
1/3 oz (10g) ground cassia bark
3 1/2 tbsp sugar
2 tsp. fresh ginger, sliced
5 tsp. soy sauce
2 tsp. scallions, chopped
5 tsp. rice wine
3 tbsp sesame oil



Directions:

1. Remove sinews and tendons from the beef. Blanch for two minutes in boiling water to cover. Remove, drain and rinse under cold water. Cut into chunks.
2. Place a bamboo mat in a casserole. Spread the beef chunks on the mat. Mix together the sugar, soy sauce, rice wine , cassia bark, ginger, scallions, and all but 1 tsp. of the sesame oil and pour over the beef. Add water to cover and bring to a boil over high heat. Cover, turn the heat to low and stew for six hours, checking the water level from time to time and adding more warm water if needed. When the beef is fork-tender, place it in a serving dish. Boil the sauce over high heat until thickened. Pour over the beef, sprinkle with the remaining sesame oil and serve.

Thick & Creamy Pineapple Tofu Shake

Even people who normally shy away from tofu will enjoy this creamy, fruit-flavored shake)

Yield: 2 1/2 - 3 cups

Ingredients:

350 grams silken tofu
1 14 fl ounce can crushed pineapple
1 large banana, chopped
1/2 cup cold milk
3 tablespoons honey
3 drops vanilla extract

Directions:

Drain the tofu. Add all the ingredients in the order listed into the blender (I drain the pineapple juice from the can, and then add it and the crushed pineapple separately). Beat the ingredients in a food processor until they are smooth - about 1 minute. Serve.

Nutritional Breakdown per serving (based on 3 servings): 285 calories (kcal); 6 g Total Fat (9 percent calories from fat); 10 g Protein; 54 g Carbohydrate; 6 mg Cholesterol; 32 mg Sodium; 2 g Fiber, 546 mg Potassium (Note: Dieters might want to reduce the honey; 1 tablespoon has 64 calories).

Thousand Corner Shrimp Balls

This popular appetizer can be served as a cocktail hors d'oeuvre or as part of a dim sum brunch. Be sure to make a few extra and freeze to use the next time you're preparing soup. Serve the shrimp balls with the dipping sauce below.

Ingredients:

- 2 teaspoons salt, divided
- 1 pound medium shrimp, peeled and de-veined
- 4 ounces soft tofu
- 2 large egg whites
- 2 tablespoons cornstarch
- 1 teaspoon sesame oil
- 2 teaspoons vegetable oil
- 1/8 teaspoon white pepper
- 1 bag (1 pound) thinly sliced firm white bread, such as Pepperidge Farm
- 3 to 4 cups vegetable oil for deep-frying

Dipping Sauce for Thousand Corner Shrimp Balls:

- 1/2 cup white wine vinegar
- 1/2 cup sugar
- 1 teaspoon minced garlic
- 2 tablespoons fish sauce
- 2 small hot red peppers, seeded and thinly sliced
- 1 tablespoon minced carrots

Directions:

Place warm water in a bowl and add 1 teaspoon salt; stir to dissolve. Place the shrimp in the salt water and swirl. Leave for 5 minutes, then rinse with cold water, drain, and pat dry with paper towels. Using a sharp knife or a food processor, cut the shrimp to a paste.

Mash the tofu with a fork in a bowl and add the shrimp, the remaining 1 teaspoon salt, the egg whites, cornstarch, sesame oil, 2 teaspoons vegetable oil, and the pepper. Mix well.

In a wok or a large skillet, heat the vegetable oil to 350 degrees Fahrenheit. Remove the crusts from the bread and cut into very tiny squares (about 1/16 inch). Spread the bread squares on a sheet pan, spoon 1 tablespoon shrimp mixture on the bread squares, and roll into a ball (the bread corners from the little squares should be protruding from the shrimp/tofu ball). Fry 6 balls at a time for 2 to 3 minutes, turning so they brown evenly. Let drain briefly on paper towels.

To prepare the dipping sauce, in a small pan, bring 1/2 cup water, the vinegar, sugar, and garlic to a boil and boil for 2 minutes over high heat. Add the fish sauce, sliced red peppers, and carrots. Remove from the heat and let cool. Cover and chill.

Three-Flavored Lo Mein

Serves 4 to 6

Ingredients:

1/4 pound bok choy (Chinese green)
1 pound Chinese wheat flour noodles
1 tablespoon oil
4 ounces flank steak, shredded
4 ounces fresh shrimp, shelled, deveined, cut in halves
4 ounces chicken, sliced thin
1 egg white
1 teaspoon salt
1 tablespoon cornstarch
1/4 cup bamboo shoots, shredded
4 tablespoons light soy sauce
1/2 pound bean sprouts
4 dried black mushrooms (soaked in boiling water 20 minutes, cooked 20 minutes, stems removed, shredded)
2 tablespoons sesame seed oil
1/4 cup chicken stock

4 cups oil for deep frying

Directions:

1. Wash bok choy. Drain. Discard outer leaves. Cut into 1 1/2-inch pieces.
2. Boil noodles in 8 cups water for 4 minutes. Drain. Rinse under cold water. Toss with 1 tablespoon oil. Set aside.
3. Combine steak, shrimp, and chicken with egg white, salt, and cornstarch. Mix well with hand.
4. Heat oil until very hot. Deep fry meat mixture 1 minute. Drain. Remove.
5. Reheat 2 tablespoons of oil in wok. Stir-fry bok choy and bamboo shoots 1 minute. Add meat mixture and 1 tablespoon of soy sauce. Stir-fry 30 seconds. Add bean sprouts and mushrooms. Stir-fry 1 minute more. Remove meat and vegetable mixture to bowl. Reserve drippings in wok.
6. In wok combine noodles, 3 tablespoons soy sauce, sesame seed oil, and stock. Stir over moderate heat until thoroughly hot. Remove to large platter. Pour meat and vegetable mixture over top. Toss.

May be prepared in advance through step 3. Do not freeze.

Three Fruits in Syrup

Ingredients:

9 oz (250 g) haws (hawthorn fruits, or use fresh crab apples)
9 oz (250 g) fresh chestnuts (or use canned peeled whole chestnuts)
9 oz (250 g) canned ginkgo nuts
2 1/2 tbsp sesame oil
2 tbsp (25 g) sugar
2 tbsp honey
1 tsp osmanthus flower syrup (optional)



Directions:

1. Wash the haws and simmer in water until partially cooked. Drain, then core, peel, and wash the haws. If using fresh chestnuts, wash them and cut a cross through their pointed ends and a third of the way down the nuts. Plunge into boiling water for 1 minutes, remove, drain, and shell. Then let them soak in warm water for about 30 minutes and remove the inner peels.
2. Put the chestnuts in a heat-proof bowl. Cover with water and steam for 20 minutes, or until soft.
3. Pour 1 1/4 tbsp of the sesame oil into a wok and heat. Add the sugar and cook, stirring constantly, until the syrup turns light brown. Slowly add 9 oz (250 ml) water, the honey, haws, chestnuts, and ginkgo nuts. Bring to a boil, then turn the heat to low and simmer until the syrup thickens. Stir in the osmanthus flower syrup and the remaining 1 1/4 tbsp sesame oil, and serve.

Three Pepper Chile Steak

Serves 4

Ingredients:

- 1 red bell pepper, seeded and sliced
- 1 green bell pepper, seeded and sliced
- 1 yellow bell pepper, seeded and sliced
- 2 tablespoons oil
- 2 cloves garlic, crushed
- 1 pound beef steak (such as top sirloin or flank steak), thinly sliced
- 1 large onion, sliced
- 4 plum tomatoes, quartered
- 2 tablespoons oyster sauce
- 2 tablespoons mild sweet chili sauce

Directions:

Parboil peppers in a pan of boiling water 1 minute. Drain.
Heat half the oil in a wok. Add garlic and stir-fry until fragrant. Add beef and stir-fry until browned. Remove.
Heat remaining oil in wok. Add onion and stir-fry until beginning to brown. Add peppers, tomatoes, oyster sauce, and sweet chili sauce. Stir-fry until hot.
Return beef to the pan and stir until hot.

Tofu Italian

Serve hot with any of the following: tomato ketchup, mustard, lemon wedges, mayonnaise, grated daikon radish, or sesame seed sauce

Ingredients:

24 ounces or 600 grams tofu
1/2 cup grated Parmesan cheese
2 eggs
2 tablespoons cornstarch
1 1/2 to 2 tablespoons butter or margarine
2 tablespoons light soy sauce
1 tablespoon grated ginger

Directions:

Preparing the tofu: Cut the tofu into 8 equal pieces. To drain, place the tofu pieces on a cutting board lined with paper towels. Place a weight (such as a cookbook) on top. Tilt the board toward the sink and allow it to drain for about 15 minutes.

Combine the light soy sauce and ginger in a bowl. Marinade the tofu in the soy sauce/ginger mixture for approximately 5 minutes.

While the tofu is marinating, lightly beat the eggs, and add the Parmesan cheese. Coat the marinated tofu with the cornstarch and dip into the egg/Parmesan cheese mixture.

Heat butter in a frying pan. Fry the tofu on both sides until it turns a golden brown. Serve hot with condiments.

Sesame Seed Sauce:

1/2 tablespoon Chinese dry mustard mixed with 1/2 tablespoon water
1 teaspoon Mirin, sake, or cooking wine
3 tablespoons soy sauce
1 tablespoon toasted sesame seeds

Directions: Combine all of the above ingredients.

Tomato Egg Drop Soup

This recipe is the same as for Egg Drop Soup, except that I have added two tomatoes cut into 6 equal pieces, and sugar to balance the sour tomato taste. Western versions often add cornstarch and vegetables; I've included a few variations below.

Serves 2 - 4

Ingredients:

4 cups chicken broth or homemade stock
2 tomatoes, cut into 6 equal pieces
2 eggs, lightly beaten
1 -2 green onions, cut diagonally into thirds
1/4 teaspoon white pepper
1 tablespoon sugar
Salt to taste

Directions:

In a wok or saucepan, bring the 4 cups of chicken broth to a boil. Add the tomatoes, sugar, white pepper, and salt. Cook for about one more minute. Very slowly pour in the eggs in a steady stream. Use a fork to gently stir the eggs in a clockwise direction until they form thin streams or ribbons.
Garnish with green onion and serve hot.

Variations:

(These would all be added after the tomato and seasonings. Let the soup cook for a few more minutes before adding the eggs).

*1 teaspoon of cornstarch mixed with 2 teaspoons of water. Stir to thicken.

**1/2 cup frozen peas.

**If you are preparing the soup for someone who is ill, try adding a slice of fresh, grated ginger. Among its many benefits, ginger is believed to be helpful in treating colds and flue.

Tomatoes in Sugar Syrup

Ingredients:

6 ripe tomatoes, about 1 1/2 lb (750 g), of uniform size
1 egg white
7 oz (200 g) rock sugar or 14 tbsp granulated sugar



Directions:

1. Dip the tomatoes in boiling water for a few seconds, then peel, quarter and seed. Beat the egg white with 2 oz (50 ml) water.
2. Melt the rock sugar in a saucepan of 1 1/2 cups boiling water. Discard impurities. Add the egg white and boil until the syrup thickens. Let cool, pour over the tomatoes, and serve.

Twice-Cooked Pork

Ingredients:

1 lb (450g) fresh boneless pork or fresh,
uncured ham
2 tbsp soybean paste
3 oz (80g) scallions or garlic shoots
1 tbsp sweet bean sauce
1 tbsp vegetable oil 1/4 cup meat stock



Directions:

1. Wash the pork, drop it into boiling water to cover, and parboil for 8 minutes. Remove, drain, and cut into slices about 2 inches long by 1 1/2 inches wide 1/4 inch thick (7 cm by 4 cm by 16mm) . Set aside
2. Cut the scallions on the slant into 1 inch (3 cm)pieces. Set aside.
3. Heat the oil in a work to very hot 356°F (180°C), or until smoke rises on the surface. Add the pork slices, soybean paste, sweet bean sauce, scallions or shoots, and stock. Stir-fry for 5 minutes, or until the scallions are tender and the soybean paste loses its raw taste. Remove and serve.

Ultimate Chicken Stir-fry

Ingredients:

Stir-fry Sauce:

1 teaspoon chili oil (you can substitute sesame oil)
2 cloves garlic (minced)
1 tablespoon ginger
3 spring onions (reserve the green tops) slice the white part of the onions very thin
3 tablespoons soy sauce
3/4 cup water
Combine all ingredients in a small bowl

1 tablespoon cornstarch mixed with 2 tablespoons water (this will go in at the end)

1.5 lb chicken breast (cut into 1 - 2 inch pieces) You can use beef for this one too!
1 lb mushrooms (shitake, button or whichever you prefer) stems removed, cut into large pieces
1 can whole water chestnuts
3/4 cup unsalted cashews (you can rinse salted cashews through a strainer if you can't find unsalted)
3 - 5 green tops from spring onions (cut into 2 - 3 inch strips)
1 cup carrots (slice into 2 - 3 inch strips)

4 cups white rice (cook per directions on package)

Directions:

In a dry wok over medium heat, add cashews. Toast for about one minute, stirring continually until toasted slightly (do not burn). Remove cashews. Heat 2 tablespoons peanut oil in a wok. Add chicken; stir-fry until lightly browned (no pink - about 5 - 6 minutes). Remove chicken and put on plate. Stir-fry the mushrooms, carrots and water chestnuts for about 3 minutes. Add cooked chicken, cashews and stir-fry sauce. Stir well. Cover wok and let sit for about 3 minutes. Add corn starch and water mixture. Stir a bit. Remove from heat. Serve with white rice.

Vegetable Potstickers

About 20 Dumplings

Ingredients:

1 package potsticker wrappers, bought or made according to the recipe below

Dough:

2/3 cup all purpose flour

1/2 cup very hot water

Stuffing:

1/2 cup fresh or frozen peas

1/4 cup finely chopped Sichuan preserved vegetables

2 tablespoons finely chopped garlic

1 cup finely chopped bok choy

1 cup coarsely chopped Chinese chives

1/4 teaspoon salt

pinch freshly ground pepper

2 tablespoons rice wine or dry sherry

1 tablespoon dark soy sauce

2 teaspoons sugar

3 tablespoons peanut oil

2/3 cup water

Directions:

1. If you are making the dough: put the flour into a large bowl and gradually stir in the hot water, mixing continuously with a fork or chopsticks until most of the water is incorporated. Add more water if the mixture seems dry. Remove the dough from the bowl and knead it with your hands until smooth. This should take about 5 minutes. Put the dough back into the bowl, cover it with a clean, damp, towel and let it rest for about 20 minutes.
2. While the dough is resting, make the stuffing. If you are using fresh peas, blanch them in a pan of boiling water for 4 minutes or 2 minutes if they are frozen. Rinse the Sichuan preserved vegetables several times in cold water and blot them dry.
3. Heat a wok or large frying pan over high heat and add 1 tablespoon of oil. Add the stuffing ingredients and stir-fry for 5 minutes or until the mixture is dry. Remove the mixture to a bowl and allow the stuffing ingredients to cool thoroughly.
4. After the resting time, take the dough out of the bowl and knead it again for about 5 minutes, dusting it with a little flour if sticky. Once the dough is smooth, form it into a roll about 9 inches long and about 1 inch in diameter. Take a knife and cut the roll into 18 equal pieces.
5. Roll each piece of dough into a small ball, then roll each ball into a small, round, flat "pancake" about 2 1/2 inches in diameter. Arrange the rounds on a lightly floured tray and cover with a damp kitchen towel to keep them from drying out until required.
6. Put about 1 tablespoon of filling in the center of each pancake, then fold in half. Moisten the edges with water and pinch together with your fingers. Pleat around the edge, pinching to seal well. Transfer the finished dumplings to the floured tray and keep it covered with a damp cloth until you have filled all the dumplings in this way.
7. Heat a frying pan (preferably non-stick) over a high heat until hot and add 1 tablespoon of oil. Place the dumplings, flat side down, into the pan. Turn down the heat and cook for 2 minutes until lightly browned. (You may need to cook the dumplings in two batches). Add the 2/3 cup water, cover the pan tightly, and cook for about 12 minutes or until most of the liquid is absorbed. Uncover the pan and continue to cook for 2 minutes longer. Remove the dumplings and serve.
8. Place three bowls on the table, containing Chinese white rice vinegar, chili oil, and dark soy sauce. Let each person concoct their own dipping sauce by mixing these three items exactly to their taste.

Vegetarian Cabbage Rolls

Ingredients:

6 large cabbage leaves
2 dried mushrooms
30 grams straw mushrooms
30 grams silver sprouts*
3 water chestnuts**
1/4 carrot
a little dried fungus
a little black moss

Seasoning:

1/2 teaspoon rice wine
1/4 teaspoon salt

Cornstarch Mixture:

40 ml water or liquid from the reconstituted mushrooms
1/2 teaspoon cornstarch

Sauce:

40 ml water (or stock if desired)
1/4 teaspoon sugar
1/2 tablespoon vegetarian oyster sauce (available in Asian markets; it uses mushrooms instead of oysters)
pepper to taste
a few drops sesame oil

1 - 2 tablespoons oil for stir-frying

Directions:

Parboil cabbage leaves in the wok in boiling water for 2 - 3 minutes. This will help the filling stick to the cabbage. Move the leaves around with chopsticks so they will soften. Drain well.

Soak the dried mushrooms in warm water for between 20 - 30 minutes. Save the soaking liquid to use if desired. Cut off the stems.

Soak the black fungus in warm water for at least 15 minutes. Rinse and trim the stems and cut off any stiff parts. Soak the hair moss in warm water for 20 minutes and drain well.

Wash the water chestnuts and peel. Wash and scrape the carrot. Rinse the silver sprouts and the straw mushrooms.

Shred all the ingredients.

Mix together the seasoning ingredients, adding 2 tablespoons of the reconstituted mushroom liquid if desired. Prepare the cornstarch/water mixture and the sauce.

Heat oil in wok. When oil is ready, add the mushrooms, fungus, hair moss and silver sprouts, carrots and water chestnut and stir-fry on high heat. Add the seasonings with the mushroom stock. Add the cornstarch/water mixture, and 1/2 of the sauce and cook for another 2 - 3 minutes. Divide the cooked filling into 6 portions.

Lay out a cabbage leaf and place a portion of the filling on the end. (If necessary, cut off the stiff rib of the leaf and place a small piece of cabbage over to cover.) Roll up the cabbage tightly and trim off the ends if necessary. Continue with the remaining rolls.

Steam the cabbage rolls on high heat for 5 minutes.

Heat oil in wok and when ready, add the rest of the sauce. Heat and pour on top of the cabbage rolls. Serve hot.

*Silver sprouts are merely bean sprouts that have been "topped and tailed" - they have had both ends cut off. The purpose is to make a more attractive dish. If desired, you can skip this step and not trim the bean sprouts.

**If unavailable, substitute bamboo shoots

Vegetarian Chow Mein

Serves 4

Ingredients:

1/2 pound dried or fresh egg noodles
2 ounces celery
2 ounces canned bamboo shoots
2 tablespoons peanut oil for [Stir-frying](#)
3 garlic cloves, crushed
1 small onion, finely sliced
1/2 pound small button mushrooms, whole
1 tablespoon light soy sauce
2 tablespoons dark soy sauce
2 teaspoons finely chopped fresh ginger
3 tablespoons vegetable stock
1 tablespoon rice wine or dry sherry
1 teaspoon sugar
1/4 pound bean sprouts

Garnish:

Fresh coriander sprigs

Directions:

1. If you are using fresh noodles, blanch them first in a large pot of boiling water for 3 to 5 minutes. If you are using the dried noodles, cook in boiling water for 4 to 5 minutes. Drain the noodles, then put them into cold water until required.
2. String the celery and slice diagonally. Shred the bamboo shoots.
3. Heat a wok or large frying-pan and add the oil. When moderately hot, add the garlic and stir-fry for 10 seconds. Add the onion, mushrooms, celery, and bamboo shoots and stir-fry for about 5 minutes.
4. Drain the noodles thoroughly and put into the wok. Continue to stir-fry for 1 minute then add the rest of the ingredients except the bean sprouts. Continue to stir-fry for another 2 minutes and then add the bean sprouts. Give the mixture a good stir and turn it onto a serving platter.
5. Garnish with fresh coriander sprigs.

Nutritional Breakdown per serving: 335 calories (kcal); 10 g Total Fat (15 percent calories from fat); 12 g Protein; 51 g Carbohydrate; 54 mg Cholesterol; 901 mg Sodium; 4g Fiber

(Based on a medium sized onion; also, the database does not have a category for dark soy sauce. Just to give an idea of how much it helps to cut back on oil in cooking, using 3 tablespoons instead of 2 increases the calorie count to 364 calories per serving).

Vegetarian Country Stew

Ingredients:

1 package (140 grams) Superior Tofu Puff, cut into halves*
2 medium onions, cut in wedges
1 medium carrot, cut in 1/2 inch slices
1 medium sweet potato, peeled and cut in 3/4 inch slices
1/2 cup string beans
1/2 cup vegetable broth or water
3 tablespoons flour
1 clove garlic, minced
1/4 teaspoon hot sauce
1 cup frozen peas

Directions:

In a large pot, combine onions, carrot, string beans, potato, 1/4 cup water and salt to taste. Bring to a boil, then turn the heat down to simmer until vegetables are tender (about 20 min). Mix the rest of the ingredients except frozen peas and add to vegetables in the pot. Continue cooking for another 10 min. Add peas and cook another 5 min. Caution: tofu puff absorbs the gravy very well, and can be very hot in the centre.

Nutritional value per serving: 210 calories, 10g protein, 7.5g fat, 28g carbohydrates.

Vegetarian Eight Treasures

The Chinese believe eight is a lucky number.

Ingredients:

3 pieces spicy pressed bean curd
4 dried mushrooms
50 grams (3 1/2 tablespoons) carrot
75 grams (5 1/4 tablespoons) [wheat gluten](#) (a meat substitute available in Asian markets)
50 grams (3 1/2 tablespoons) water chestnuts (fresh if possible)
75 grams (5 1/4 tablespoons) string beans
1 red chili
1/4 cup peanuts, or as desired
1 garlic clove
1 shallot
1 1/2 tablespoons hot bean paste
1 teaspoon rice wine

Seasoning:

1/4 teaspoon salt (or to taste)
1/2 teaspoon sugar
1/2 teaspoon hoisin sauce
1/2 teaspoon dark soy sauce
1/2 teaspoon sesame oil
pepper - a few shakes
50 ml (just under 1/4 cup) water

Oil for deep-frying and stir-frying

Directions:

Soak the dried mushrooms until they have softened. If desired, save the soaking liquid to use in place of water in the seasoning.

Wash and dice the string beans, gluten ball and spicy pressed bean curd.

Wash and dice the carrot, water chestnuts and red chili.

Peel the garlic and shallot and chop finely. Mix together the seasoning ingredients in a bowl.

Boil the peanuts in boiling water for about 2 minutes. Cool. Peel the skin and set aside.

Heat the wok and add oil for deep-frying. When oil is ready, deep-fry the peanuts on high heat until they are golden brown. Remove and set aside. Repeat with the gluten ball.

Parboil the carrots and string beans for 1 minute. Drain.

Heat wok and add oil. When oil is ready, add the garlic, shallot and hot bean paste. Add all the other ingredients except for the peanuts. Stir-fry until they are cooked, then add the rice wine and seasoning.

Turn off the heat, mix in the peanuts, and serve.

Vegetarian Ham

Ingredients:

Makes 1 appetizer roll

2 ounces (3 sheets) dried bean curd
3 tablespoons soy sauce
2 tablespoons water
1 teaspoon sugar
1 teaspoon fennel seeds
1/2 star anise
2 whole cloves, crushed
1/2 teaspoon Szechuan peppercorns, crushed

Directions:

Soak bean curd in water to cover about 1/2 hour until soft. Mix together remaining ingredients, then marinate the softened bean curd sheets in this mixture about 2 hours.

Select the largest and smoothest sheet and lay it on a flat surface. Place the remaining sheets on it evenly, so that when rolled it will form a cylinder of regular dimensions. Roll it up VERY tightly. Place it on a single piece of cheesecloth or old sheet and roll it up with the cloth overhanging at both ends. Tie the bundle like a toy firecracker at both ends where the bean curd ends.

Place in a steamer and steam about 1 hour. (Check to make sure the water does not boil away.) Cool the roll and unwrap it. Cut into 1/4" slices. Serve cold.

Vegetarian Sweet and Sour Spareribs

Ingredients:

Fresh shelled walnuts 76grams (about 1/3 cup or 2.5 ounces)
Pineapple slices 156 grams (about 5 1/2 ounces)
Green Pepper 114 grams (1/2 cup or 4 ounces)
Red Pepper 114 grams (1/2 cup or 4 ounces)
2 x Water 1216 grams (5 1/2 cups) for boiling
2 x 2 teaspoons salt

Carrot for garnish

Cornstarch Mixture:

2 teaspoons cornstarch
3 tablespoons water

Sweet and Sour Sauce 114 grams (1/2 cup or 4 ounces)

1 tablespoon oil for stir-frying

Directions:

Boil the walnuts in 5 1/2 cups boiling salted water (1216 grams and 2 teaspoons salt) for 5 minutes. Drain. Pour cold water over the walnuts and boil again in salted water for 5 minutes. Drain and allow to cool. (This is to remove the bitter taste from the walnuts).

Prepare the green and red peppers: remove the stem, seed, and cut into squares about 3 cm by 3 cm.

Heat wok and add 1 tablespoon oil. Add the walnuts and green peppers and pineapple slices and stir-fry. Add the Sweet and Sour Sauce. Give the cornstarch mixture a quick restir and add. Mix and serve hot.

Vegetarian Summer Rolls

Unlike spring rolls, this Vietnamese appetizer is served cold.

Serves 4

Ingredients:

4 dried shiitake mushrooms
1 teaspoon soy sauce
1 1/2 teaspoons sugar
2 ounces rice vermicelli
1/2 cup coarsely shredded carrot
8 round rice paper wrappers (6 - 8" in diameter)
1/2 cup shredded romaine lettuce (remove coarse ribs first)
1/2 cup fresh mung bean sprouts
fresh mint leaves
fresh cilantro leaves
Hoisin Dipping Sauce

Directions:

Soak shiitake mushrooms in warm water 30 minutes, until reconstituted. Drain, discard hard stems, and slice, reserving 1/2 cup of the soaking liquid.
Cook shiitake in reserved liquid until mushrooms are tender and liquid evaporates. Season with soy sauce and 1/2 teaspoon sugar. Let cool.
Meanwhile, soak the rice vermicelli in warm water to cover 15 - 20 minutes. Drain.
Cook in a large pan of boiling water, stirring to separate the strands, until al dente, about 2 minutes. Drain and rinse with cold water. Cut into 2" - 3" lengths.
Toss carrot with 1 teaspoon sugar and let stand 15 minutes.
Fill a shallow dish with warm water. Working with 1 rice paper wrapper at a time, dip in the warm water for a few seconds to soften, then place the rice paper flat on a work surface.
Place about 2 tablespoons of rice vermicelli; 1 tablespoon each of carrots, lettuce, and bean sprouts; and a few mint leaves and cilantro leaves across the bottom third of the rice paper.
Roll rice paper up halfway to enclose the filling. Fold in both sides. Place a few more cilantro leaves on top of the enclosed part, then arrange some of the shiitake mushrooms over the cilantro. Finish rolling the rice paper, pressing lightly to seal.
Place shiitake-side up on a plate and cover with a damp paper towel.
Repeat with remaining rice paper wrappers and filling. If not serving immediately, cover with plastic wrap and keep at room temperature up to 3 hours.
Serve 2 rolls per portion, accompanied by an individual bowl of Hoisin dipping sauce.
For a nice presentation, you can slice each roll diagonally in half.

Vegetarian Wontons

(Do not make too far ahead of time. The wonton skins will soften if allowed to sit for a long time. If possible, make and serve them immediately).

Makes 30 - 35 wontons

Ingredients:

1 package wonton skins (about 30 - 35)
Hoisin sauce, for dipping

Filling:

1 tablespoon peanut oil
1/4 cup carrots, finely shredded
1/2 cup cabbage, finely shredded
1/4 cup bean sprouts
2 tablespoons finely chopped garlic
1 tablespoon dark soy sauce
3 tablespoons mashed bean curd
1 teaspoon sugar
1/2 teaspoon salt
1 teaspoon sesame oil
1/2 teaspoon freshly ground black pepper

2 - 3 tablespoons oil for stir-frying
2 cups peanut oil for deep-frying

Directions:

1. For the filling, heat a wok or large frying pan and add the oil. When moderately hot, add the carrots, cabbage, bean sprouts, and garlic and stir-fry for 1 minute. Set aside to cool thoroughly.
2. Combine the cooled vegetables with the rest of the filling ingredients and mix well. Using a teaspoon, put a small amount of filling in the center of each wonton skin. Bring up 2 opposite corners, dampen the edges with a little water, and pinch them together to make a triangle. Fold over the bottom 2 corners so they overlap, and press together. The filling should be well sealed in.
3. Heat the oil in a deep fat fryer or large wok until hot. Deep-fry the filled wontons in several batches. Drain on paper towel. Serve at once with hoisin sauce.

Walnut Cookies

Young children enjoy making walnut cookies, as the dough is quite "gooey".

Ingredients:

1 3/4 cups flour
1/4 cup finely chopped walnuts (more if desired)
1/2 cup white sugar
1/4 cup brown sugar
1/2 teaspoon baking powder
1/2 teaspoon baking soda
2 eggs
1/2 cup margarine or butter (whichever you prefer for baking)
1/2 cup vegetable shortening
2 teaspoons vanilla extract
1 egg, lightly beaten (optional)*

Directions:

Preheat oven to 325 degrees Fahrenheit.
Sift flour, baking powder, and baking soda into a bowl.
Use an electric mixer to beat the butter or margarine, shortening, and white and brown sugar in a bowl. Add the eggs and vanilla extract, and beat until well blended.
Stir in the walnuts.
Stir in the flour mixture.
Take a tablespoon of cookie dough and form into a ball about the size of a golf ball.
Place on a lightly greased cookie tray, approximately 2 inches apart, and press down lightly with a fork.
Bake at 325 degrees for about 15 - 17 minutes, or until golden brown. When thoroughly cooled, store in a sealed container.

*If desired, brush each cookie lightly with beaten egg before baking.

Walnut Porridges

Ingredients:

7 oz (200 g) walnuts
2 oz (50 g) rice
2 oz (50 g) red dried dates (jujubes, optional)
7/8 cup (200 g) sugar



Directions:

1. Soak the walnuts in water, then skin and rinse in cold water. Simmer the dates in water until plump, then remove the skins and pits of dates. Wash the rice and soak in warm water for 2 hours.
2. Mince the walnuts and dates, then mix with the rice and enough water to make a paste. Grind until very fine and smooth, in a grinder or in a food processor.
3. Pour the paste in a saucepan. Add the sugar and 2 cups (500 ml) of water. Heat to boiling, and stir constantly until the paste becomes as thick as cornmeal. Remove and serve in bowls.

Water Chestnut Appetizer

Ingredients*:

Water chestnuts (fresh if possible)
Soy Sauce
Brown Sugar
Raw Bacon
Toothpicks

*Amounts as required depending on how many appetizers you plan to make. The recipe calls for 1 piece of raw bacon per water chestnut.

Directions:

Peel the fresh water chestnuts and rinse. (If using canned water chestnuts, drain).
Soak the water chestnuts in soy sauce for 2 - 3 hours.
Preheat the oven to 350 degrees. Remove the water chestnuts from the soy sauce.
Roll each water chestnut in brown sugar. Wrap 1 piece of raw bacon around each water chestnut and fasten with a toothpick.
Bake the water chestnuts in 350 degree oven for about 45 minutes, turning them over once. (Alternately, you can broil them for 5 - 6 minutes). Serve.

(The water chestnuts can be prepared ahead of time and frozen before cooking. Placed in a ziploc bag in the freezer, they should last for about 2 - 3 months.)

Watermelon with Sauce

Ingredients:

4 1/2 lb (2 kg) watermelon
7/8 cup (200 g) granulated sugar
4 tsp osmanthus flowers (or use candied
rose or violet petals)
2 drops red flavouring colour (red food
colouring)
8 tbsp cornstarch (cornflour) dissolved in 8
tbsp water
1 oz (25 g) haw jelly, cubed



Directions:

1. Halve and seed the watermelon and cut the pulp into small cubes. Set aside.
2. Heat 4 1/2 cups (1 litre) water in a pot. Add the sugar and osmanthus flowers and bring to a boil, stirring, until the sugar dissolves. Skim off and foam. Add the red flavouring colour and cornstarch. Cook, stirring until the sauce becomes a thin glaze. Remove and let stand until cool. Place the watermelon and haw jelly cubes on a serving dish, cover with the sauce, and serve.

West Lake Beef Soup

This popular soup is really just another variation on Egg Drop Soup, with the addition of marinated ground beef and a slight variation in seasonings.

Serves 4

Ingredients:

2/3 cup lean ground beef
4 - 5 cups chicken stock

Beef Seasonings:

1 tablespoon light soy sauce
1 tablespoon cooking wine or dry sherry
1 tablespoon cornstarch
1/4 teaspoon salt

1 teaspoon sugar
1/4 teaspoon pepper
Salt to taste
2 green onions, minced
2 egg whites, lightly beaten

1 1/2 tablespoons cornstarch mixed with 1/3 cup water to thicken soup (optional)

Directions:

Add the seasonings to the ground beef and mix together with chopsticks. Allow to marinate for 10 - 15 minutes.

Bring the chicken stock or broth to a boil.

Stir in the marinated ground beef. Add the sugar and pepper. Allow the soup to boil for another 5 minutes. Taste and add extra salt if needed. If desired, add the extra 1 1/2 tablespoons cornstarch mixed with water and stir to thicken. Stir.

Very slowly pour in the egg whites in a steady stream. Use a fork to gently stir the eggs in a clockwise direction until they form thin streams or ribbons.

Garnish with green onion and serve.

If you liked this recipe, you might want to try a basic recipe for [Egg Drop Soup](#).

Whiskey Chicken

As far as we can remember, this dish has always been served to guests visiting a new mother and baby. The new mother should probably only indulge in a small taste, however, as the spirits are quite potent. To reduce the alcohol content, increase the water to 6 cups or substitute milder rice wine for whiskey.

Serves 6 to 8

Ingredients:

12 small dried black mushrooms
24 tiger lily buds
1 ounce dried wood ears
1 3 1/2 to 4 1/2 pound chicken
8 - 12 jujubes (Chinese red dates)
1/2 cup raw peanuts
1 2-inch piece ginger, peeled and cut into 4 or 5 slices
1 teaspoon salt
3 cups water
3 cups Sam Ching Chinese distilled spirits

Directions:

Put the mushrooms into a small bowl with hot water to cover. Let stand 30 to 40 minutes to soften. Cut off and discard the hard stems. Rinse the caps and squeeze them dry. Cut the larger mushrooms in half. Put the tiger lily buds in a small bowl and cover with hot water. Let stand 30 minutes to soften. Cut off and discard the hard stem ends. Put the wood ears in a medium bowl and cover with hot water. Let stand 30 minutes to soften. Cut off and discard any hard parts. Cut the larger pieces into about 1-inch pieces. Cut the chicken into pieces small enough to be eaten with chopsticks. Cut the thighs and drumsticks in half, separate the wing parts, and cut each breast crosswise into 3 or 4 pieces. Place all the ingredients in a large stockpot and bring to a boil over high heat. Lower the heat and simmer for 1 hour, until the chicken is tender, skimming off any fat or foam. Serve the chicken in small bowls, with a little of the broth.

Note: For a leaner version, skin the chicken before cooking it.

White-Boiled Pork with Mashed Garlic

Ingredients:

9 oz (250g) boneless pork or uncured ham
1/4 tsp. sesame oil
2 cups (500 ml) pork stock
3 tbsp plus 1 tsp. soy sauce
2 oz (50g) garlic, peeled and pounded to a paste
1/4 tsp. chili (chilli) oil



Directions:

1. Wash the ham and boil in water to cover until done.
2. Drain and cut into three strips. Soak them in the stock for 5 minutes to absorb the flavour, then cut the strips into thin slices.
3. Mix the garlic with the sesame oil, adding enough water to make a paste. Blend the paste, with the soy sauce and chili oil. Pour it over the pork, blend well, and serve.

White Fungus Peony Flowers

Ingredients:

3 1/2 oz (100g) dried silver ears(white fungus, snow ears)
9 fl oz (250ml) clear stock
5 oz (150g) chicken breast
5 tsp. salt, or to taste
3 oz (100ml) vegetable oil
1 tbsp cornstarch (cornflour) dissolved in 1
tbsp water
4 egg whites
1/2 tsp. chicken fat, melted
1 whole egg
1 tsp. MSG (optional)
1 small tomato



Directions:

1. Soak silver ears in warm water until soft . Wash well and remove the stems . Discard any discolored pieces.
2. Skin and bone the chicken breasts, mince into a pulp and mix with the 4 egg whites and 3 oz of the oil to make a paste.
3. Divide the silver ears into 20 equal portions. Spoon a bit of the chicken paste one each to resemble a white peony. Place on a heat-proof dish.
4. Beat the whole egg. Heat the remaining oil in a wok over medium heat. Pour in the egg and swirl the wok to make a thin pancake, cook until just dry (about 15 seconds), remove, and cut into shreds. Sprinkle on the chicken " cores" of the fungus " peonies" . Place the dish of silver ears in a steamer and steam for 5 minutes. Remove and set aside.
5. Drop the tomato in boiling water for 30 seconds. Remove, drain and peel. Cut out the stem end, then make 3 vertical cuts, being careful to leave the tomato segments linked at the bottom. Spread the wedges apart to resemble a red peony, and place in the middle of the dish of fungus.
6. Pour the stock into a pot and add the salt and MSG(optional). Bring to a boil. Stir in the cornstarch and add. Cook, stirring, until thickened slightly. Pour over the "peonies", sprinkle with chicken fat, and serve.

White Fungus Soup

Ingredients:

1/3 oz (10 g) white fungus (tremella)
1/4 tsp salt, or to taste
3 cups (750 ml) Clear stock
1 tbsp rice wine
1 tsp soy sauce
1/4 tsp MSG



Directions:

1. Wash the white fungus in warm water, drain and place in a bowl with 2 cups (500 ml) of boiling water. Cover the bowl and let the white fungus soak for 15 minutes, or until soft. Drain and remove the stems and any hard or discolored parts. Wash in warm water three times, then soak again in boiling water for 3 minutes. Remove and place in a tureen.
2. Pour the stock in a saucepan and add the soy sauce and salt. Heat over high heat to boiling and skim off any foam. Stir in the rice wine and MSG. Ladle 1 cup (250 ml) of the stock over the fungi and let soak for 10 minutes. Drain. Then reheat the remaining 2 cups (500 ml) of stock, add to the tureen, and serve.

Note: In this dish, the white fungus are tender and nutritious and the soup delicately flavored.

White Fungus with Rock Sugar

Ingredients:

1/2 oz (15 g) white fungus (tremella)
2 egg whites
1 1/8 cups (250 g) rock sugar or granulated sugar
20 tangerine sections, fresh or canned



Directions:

1. Soak the white fungus in warm water for 1 hour. Remove the stems and clean thoroughly, discarding any discoloured parts. Break the clusters into individual pieces and let soak in a bowl of fresh water.
2. Heat 3 cups (750 ml) of water in pot and add the sugar. Letting it melt into a syrup. Beat the egg whites and mix them with a little water. Stir into the syrup and bring to a boil. Pour the syrup into a heat-proof bowl and add the white fungus. Cover the bowl tightly, place in a steamer, and steam for 1 1/2 hours or until the white fungus are very soft and the liquid is thick. Pour into individual bowls and place tangerines on top of the soup. Serve warm or chilled.

White Gourd Soup with Dried Shrimps

Ingredients:

9 oz (250 g) white gourd
1/4 tsp scallions chopped
1 cup (250 ml) high stock
2 tsp sesame oil
1 tbsp dried shrimps, soaked
1/4 tsp MSG
3/4 tsp salt



Directions:

1. Cut white gourd into 2 inch by 2 inch by 1/4 inch (5 cm by 5 cm by 7 mm) slices.
2. Bring the high stock to a boil and add the white gourd slices, shrimps and salt. Simmer for 20 minutes, or until the white gourd is cooked. Sprinkle with the scallions, MSG, and sesame oil. Remove and serve.

Winter Melon Soup

This popular soup, featuring the sweet taste of winter melon, is often served at Chinese banquets.

Serves 4 to 6

Ingredients:

1 cup winter melon (1/2 pound)*+
2 cups chicken broth
4 Chinese dried black mushrooms, soaked in hot water for 20 minutes, stems cut off, and diced
2 - 3 slices ginger
1/4 cup cooked ham, diced
Salt to taste
Pepper to taste
1 green onion, sliced diagonally into three pieces
Water to boil winter melon

Directions:

Wash the winter melon, remove the green skin, seeds, and the pulp. Cut into 2-inch pieces.

Place the winter melon in a pot of water, bring to a boil, and simmer for approximately 20 minutes or until the winter melon is tender.

Add the chicken broth, mushrooms, ginger, green onions, and cooked ham. Add seasonings as desired. Simmer for about 20 minutes. Add green onion for garnish. Serve hot.

*Another alternative is to purchase a whole winter melon (about 8 - 10 pounds), cut off the top, remove the seeds and pulp, place the other ingredients inside and steam for 1 - 2 hours. This makes for a fancier looking dish.

+ You can substitute a whole cucumber for the winter melon. Peel, core to remove the seeds, and dice.

Variations

*It is very common to add barbecued pork and/or shrimp.

**Try adding other vegetables, such as bamboo shoots, carrots, or silk squash.

Won Ton Soup

The won tons floating in the soup resemble tiny clouds; hence the name won ton, which means "swallowing a cloud."

Ingredients:

18 - 24 won ton wrappers

Filling:

1/2 pound boneless lean pork, chopped finely
1 tablespoon soy sauce
1 tablespoon oyster sauce
a few drops sesame oil
1 teaspoon sherry
1/2 teaspoon sugar
1 green onion, finely minced
1 teaspoon cornstarch
2 dashes of white pepper
Water for boiling won tons
4 1/2 - 5 cups chicken stock
green onion, thinly sliced, as desired
a few drops sesame oil (optional)

Directions:

Combine all the filling ingredients in a bowl, mixing well. Lay one won ton skin in front of you. Cover the remaining won ton skins with a damp towel to keep them from drying out.

Filling the won tons:

Moisten all the edges of the won ton wrapper with water. Place a heaping teaspoon of won ton filling in the center.

Fold the won ton wrapper in half lengthwise, making sure the ends meet. Press down firmly on the ends to seal. Use thumbs to push down on the edges of the filling to center it. Keeping thumbs in place, fold over the won ton wrapper one more time. Push the corners up and hold in place between your thumb and index finger. Wet the corners with your fingers. Bring the two ends together so that they overlap. Press to seal. The finished product should resemble a nurse's cap. Repeat with remaining won tons.

Alternate method: Place the teaspoon of filling in the middle of the wrapper and twist to seal. The final result should resemble a money bag or drawstring purse.

Boiling the won tons:

Bring a large pot of water to a boil. Add the won tons, making sure there is enough room for them to move about freely. Let the won tons boil for 5 - 8 minutes, until they rise to the top and the filling is cooked through. Remove from the pot with a slotted spoon.

To make the soup: bring the chicken stock to a boil. Add the won tons and bring the soup back to a boil. Add the green onion, remove the pot from the heat and add the sesame oil, stirring. Ladle into soup bowls, allowing 6 won tons per person.

Wonton Wrappers

Ingredients:

2 cups all-purpose flour
1/2 teaspoon salt
1 egg
1/4 cup water
1/4 cup water (or as needed)
Extra flour or cornstarch as needed

Directions:

Mix the salt in with the flour.

In a small bowl, add 1/4 cup water to the egg and beat gently. Make a well in the middle of the flour and add the egg-water mixture. Mix into the flour. Add remaining water as needed.

Knead the dough into a ball. Keep kneading until smooth (several minutes) Place the dough in a large bowl, cover with a damp cloth and let rest for 1 hour.

Cut the dough into quarters. Place one of the quarters on a well-floured surface, and roll out with a rolling pin until very thin. Add flour as needed. Cut the dough into 3 by 3-inch squares. Set aside and cover with a damp cloth while preparing the remaining wrappers. (If stacking, dust the wrappers lightly with flour or cornstarch to keep them from sticking together).

Repeat with the other quarters. If not using immediately, wrap in plastic and store in the refrigerator or the freezer.

Xinjiang Lamb and Chile Grill

(Xinjiang, which borders Mongolia, is noted for its barbecued lamb even though lamb is rarely eaten in other parts of China. In fact, the Mongolian tribes introduced lamb to the rest of China. This simple barbecue could easily be prepared by the nomads on the plains of Xinjiang. Note that this recipe requires advance preparation).

Serves: 6

Ingredients:

- 1/4 cup chile oil
- 1/2 cup fresh lemon juice
- 2 tablespoons rice wine
- 4 cloves garlic, minced
- 2 teaspoons crushed Sichuan peppercorns
- 1/4 teaspoon salt
- 1/4 teaspoon sugar
- 2 pounds lamb, cut in 2-inch cubes
- 8 whole jalape's chiles
- 4 sesame seed buns
- Chopped scallions, including the greens
- Chopped cilantro

Directions:

Combine the chile oil, lemon juice, rice wine, garlic, peppercorns, salt, and sugar. Marinate the lamb and jalape's in the refrigerator overnight or for 2 to 3 hours at room temperature.

Thread the lamb on skewers, alternating with the jalape's.

Grill or broil, basting frequently with the reserved marinade until done.

Serve the lamb and chiles in the buns with the chopped scallions and cilantro.

Heat Scale: Medium

XO Sauce

Ingredients:

150 grams fresh red chilies
250 grams dried scallops (conpoy)
150 grams garlic clove, minced
150 grams onion, finely diced
100 grams tiny dried shrimp (unshelled variety)
50 grams Jinhua ham (you can substitute Smithfield ham or proscuttio)
50 grams salted cured fish
25 grams large dried shrimp (shelled variety)
1/2 tbsp coarsely ground black pepper (mix with ground Szechuan peppercorn if desired)

Directions:

Wash and remove the seeds and stems from the chilies. Heat wok on low and add oil for stir-frying. When oil is ready, add the chilies. Stir-fry until they are heated through.

Remove the chilies from the heat and drain. Dry in the sun until completely dried (about 2 - 3 days). Reconstitute conpoy (dried scallops) by soaking in water for 2-3 hours, then steaming for 3 hours until soft. Reserve the liquid accumulated as a result of steaming. When cooled, finely shred the conpoy by hand.

Soak the tiny shrimp in water for 3 hours. Drain the shrimp and mince finely.

Finely dice ham into 2mm cubes. Dice fish into 3mm cubes.

Heat wok on high heat and add up to 2 - 4 cups* oil for frying. Add garlic, onion, and tiny shrimp and fry until the mixture stops steaming? At that point add the chilies, ham, and fish, and continue to cook until chilies become translucent. Add the conpoy and shelled dried shrimp and ground black pepper and turn the heat down to low.

Continue to cook until only a little steam rises from the mixture. Remove from the heat and cool. Store in a sealed container in the refrigerator.

*1 bowl = approximately 1 cup. In this recipe I would recommend starting with a smaller amount of oil and increasing as desired for taste.

Yangchow Fried Rice

(When a seventh century Chinese emperor renowned to be fond of "golden rice" -- Stir-fried rice and egg -- visited Yangzhou (Yangchow), he was served a particularly fine version in which each grain was coated individually with egg. This colorful fried rice is not darkened with soy sauce. For a Cantonese variation, omit the salt and add 2 tablespoons soy sauce or oyster sauce.)

Serves 4 to 6

Ingredients:

3 tablespoons oil
1/4 pound shrimp, shelled and diced
1/2 cup diced Chinese roast pork or cooked ham
3-1/2 cups cold cooked rice
3 eggs, lightly beaten
1/2 cup frozen peas, thawed
1/2 cup shredded lettuce
2 scallions, minced
1/2 to 1 teaspoon salt
white pepper to taste

Directions:

Heat 1 tablespoon oil in the wok. Add shrimp and stir-fry until pink. Remove.
Heat remaining oil. Add roast pork or ham and stir-fry to heat through. Add the rice and stir-fry, separating grains, to heat without browning.
Make a well in the center of the rice and add the eggs, stirring constantly. When they are partly scrambled, begin incorporating the rice. Add remaining ingredients and stir-fry until hot.

Yuanbao Pork

Ingredients:

9 oz (250g) lean and fat pork loin with skin
1 tsp. fresh ginger, chopped
5 tsp. soy sauce
1 tsp. scallions, chopped
2 cups (500ml) vegetable oil; uses about 1/4
1 tsp. rice wine
1 clove of star anise, crushed
1/4 tsp. salt, or to taste
4 eggs, hard-boiled



Directions:

1. Boil the pork in water to cover until barely cooked. Remove, drain, and coat with 1 tsp. soy sauce.
2. Heat the oil in a wok over a medium fire to very hot, 430°F (220°C), add the pork and deep-fry until small bubbles appear on the skin. Remove and let cool. Then cut into slices, 1/8 - inch (4mm) thick, leaving some skin on each slice. Stack the slices in a heat proof bowl, skin side down.
3. Sprinkle the star anise and ginger over the pork. Mix together with the rice wine, salt, and 3 tsp. of soy sauce, and pour over the pork. Place the bowl in a steamer and steam over boiling water until thoroughly cooked, about one hour.
4. While the pork steams, shell the eggs and soak them in 1 tsp. soy sauce for 10 minutes. Reheat the oil to moderately hot and deep-fry the eggs until golden brown. Drain, let cool slightly, and cut into halves.
5. Cover the bowl containing the pork with a serving dish turned upside down. Invert the bowl so the pork slides onto the dish with skin side up. Arrange the eggs around the pork and serve.

Yuanxiao Chinese Dumplings

Chinese dumplings are a popular treat during the Chinese New Year season

Ingredients:

4 1/2 cups (500 g) sticky rice flour
butter 7oz. (200 g)
black sesame powder 7 oz (200 g)
sugar 8 oz (250 g)
1 tsp wine

Directions:

1. Mix the butter with sesame powder, sugar, and wine together. You need to heat a little bit. Make small balls about 0.3 - 0.4 oz (10 g) each.
2. Take 1/2 cup of sticky rice flour. Add water into the flour and make a flattened dough. Cook it in boiled water and take out until done. Let it cool down. Then put it in the rest of the sticky rice flour. Add water and knead until the dough is smooth.
3. Make the dough into small pieces about 0.3 - 0.4 oz (10 g) each. Make it like a ball using hands first and then make a hole in the ball like a snail. Put the sesame ball into it and close it up.
4. Cook them in boiled water. Make sure to keep stirring in one direction while cooking. When they float on the water, continue to boil for about one minute using less heat.